

Optimal Warm Up Procedures For Turbo Training Sessions

Zone	Description	Warm Up
1	Zone 1 is your recovery-training zone, which allows you to train with very little lactate accumulation and is an excellent training zone to help you recover from prior extensive/intensive training. An example session would be a ride greater than 30 minutes at your recovery heart rate followed by some static stretching.	<i>As this zone requires very little effort, build up to the required heart rate within 5 minutes and then complete your training session.</i>
2	Zone 2 is the extensive aerobic training zone, which allows you to train for long periods of time with very little lactate accumulation, thus allowing you to clock up the training miles. For example, a long ride on the weekend would be in this zone.	<i>Zone 2 requires more effort than Zone 1. Consequently, the warm up will be slightly longer. Ten minutes with your heart rate within Zone 1 will be enough to ensure you are sufficiently warmed up.</i>
3	Zone 3 includes training intensities, which are performed at or near your anaerobic threshold. As such your training rides will be shorter than in the extensive zone and will require far more effort. It is common in this zone to use intervals. An example would be a 20-minute block of work repeated twice.	<i>In order that you get the most from your Zone 3 and 4 workouts your warm up will be of the utmost importance. It has been shown that a good warm up increases the speed at which your body is able to meet the oxygen demand of heavy exercise; in this case a Zone 3 or 4 work out.</i>
4	Zone 4 efforts are performed above your anaerobic threshold. As such the intensity will be very high requiring much shorter training periods. For example, 6 minute blocks with up to 5 minutes recovery between repeated intervals.	<i>Perform 10 minutes with your heart rate within Zone 1 then immediately perform 6 minutes with your heart rate within Zone 3. Once this has been done you can rest for up to 10 minutes before starting the main body of your workout.</i>
5	Anaerobic Intervals are performed at an intensity that is well above the anaerobic threshold – nearing maximal effort. As such the time spent performing these intervals will be very short. Rest periods will be similar to the work period if not longer.	<i>As the exercise intensity is so high for this zone, warm up again is critical. Perform the warm up described for Zones 3 and 4. Then add 6 x 5 second maximal sprints over a 3 – 5 minute period to further prepare the body for this intense session. Once this has been done you can rest for up to 10 minutes before starting the main body of your workout.</i>

Note: We have used heart rate as the guide for training intensity but of course this can be replaced with power output if you have access to power output measurements.