

THE IDEAL HILL INTERVAL

THE IDEAL HILL INTERVAL IS APPROXIMATELY ¼ OF A MILE LONG.

Warm up well, ride hard to the top then coast down the other side to recover then go again. You may need to do a few loops at the bottom waiting until your heart rate drops back down to 60% of maximum. This means you have recovered sufficiently to do another interval.

Basic hill intervals involves gear changes to increase pedalling resistance and improve your technique, example would be the first time up the hill use a gear you can turn fairly easy keeping in the saddle, say a 39 x 23, next time start in a 39 x 21 gear. When you are 200 metres from the top, shift to a 39 x 19 gear, stand, and sprint. You may blow up but after a recovery you may be able to repeat one or more time.

If the hill is longer do not initially go to the top. Build your strength with a consistent weekly workout. It is also useful to vary your workouts by riding harder than usual to points below the top then turning back to recover. If the hill is short or not very steep compensate by using bigger gears or more repeats, or do the intervals on a day when there is a headwind. Work on your climbing technique during training. Do not make the mistake of shifting to a lower (easy) gear as hill wears on.

When riding with others, use the lowest gears to keep up as the hill starts which should leave your legs fresh enough to shift to a higher gear in the latter part of the hill, gaining speed instead of losing it. Climbing intervals develop out of saddle riding technique. Immediately before standing, shift to a smaller (higher gear) so that you maintain speed. Do not let your bike waver on the road. To maintain a straight line let your body move. This requires upper body and core strength.

FAKE A HILL

You can fake a hill by pedalling directly into a headwind in a big gear. You are in the correct gear if you can pedal at a cadence of 80 to 90 rpm with a heart rate that nudges past your anaerobic threshold by the end, turning back after several minutes to recover in the tailwind. Turn and repeat the results. This might not be as impressive as hill reps but your power will increase.

*** THIS MATERIAL IS TO BE USED FOR TRAINING PURPOSES ONLY THEREFORE, APPLICATION SHOULD NOT BE MADE WITHOUT CONSIDERATION OF SPECIFIC CIRCUMSTANCES.**