

SESSION # 302

THE RIDE BY KEISER RIDE RACE

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Overview: Ride Race by Keiser is a signature ride format that builds power and strength with a focus on training in your correct intensity zones. If you're ready to take your rides and instructing to the next level, this workshop is ideal for you. In this session, learn how your riders can achieve more than they thought possible by training with power, heart rate and R.P.E. Race longer, climb higher, get stronger and be powerful with Ride Race.

Training with Intensity

- RPE
- Heart Rate
- Power

Power = Force x Velocity

Functional Threshold Power

- Definition
- Testing
- Application

Why Train with Power?

5 Training Zones

- | | | | |
|-----------------|-------------------|--------------|---------------|
| • Zone 1 Grey | Active Recovery | <55% FTP | RPE Very Easy |
| • Zone 2 Blue | Endurance | 55-75% FTP | RPE Easy |
| • Zone 3 Green | Tempo | 76-90% FTP | RPE Moderate |
| • Zone 4 Orange | Lactate Threshold | 91-105% FTP | RPE Hard |
| • Zone 5 Red | V02 Max + | 106-150% FTP | RPE Very Hard |

Heart Rate – Training in different % of MHR

Rating of Perceived Exertion - Within the various power zones, use the power descriptors in combination with RPE descriptors from very easy to very hard.

Creating a Ride Race

- Goal
- Power Zone
- Time
- % of FTP
- Accumulated % FTP

The Ride Profile



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