OUTDOOR TRAINING SESSIONS

RECOVERY RIDE

RIDE GUIDE:
Ride at a consistent very easy effort and cadence for the entire ride.

WHY

■ It’s been shown that active recovery can be more effective than simply resting but the effort has to be very low.

■ Even on a 3 week Grand Tour, the riders will typically head out for a 2-hour recovery ride on the rest days.

WHEN

■ The day after any big ride or tough workout.

FOCUS

■ To gain the recovery benefits, you have to stay within the designated training zone.

■ Imagine your cranks are made of glass and, if you push too hard, you will crack them.

■ Expect to go very slowly. If you don’t think you will have the discipline to do this outside, use your indoor trainer.

TOTAL TIME 01:00:00 - 02:00:00