

# 6 WEEK POWER ZONE CHALLENGE - BEGINNER

## **WEEK #1: Getting Comfortable with Power Zone Training and Establishing a Baseline**

- 20 Min Beginner PZ Ride – Focus on getting a feel for how Power Zone Training works by taking this class.
- 45 Min Power Zone Endurance Ride – Experience a low intensity Power Zone ride and estimate your power zones during warm-up.
- 10 Min FTP Warm Up Ride followed by the 20 Min FTP Test Ride - Calculate and record your FTP as well as your 7 Power Zones referring to this article for guidance: (<https://cadence.pelotoncycle.com/po...>). If you want to take it a step further, calculate and record your Watt to Kilogram ratio by dividing your FTP by how much you weigh in kilograms. Write down your target FTP and/or Watt to Kilogram ratio improvement goals that you would like to see by the end of this 6 weeks (when you test again).
- (Extra Credit) 45 min Theme Ride – Focus on having fun during this class and avoid destroying yourself. The goal of this ride is to add volume to your schedule more so than intensity.

## **WEEK #2: Time to Put Your New Zones to Use**

- 45 Min Power Zone Endurance Ride – Use your newly calculated 7 zones in this class to get a feel for them at lower intensities first.
- 30 Min Power Zone Ride – This will be your first ride in zones 4-6. Make sure you are feeling well rested and fresh going into this workout.
- 60 Min Power Zone Endurance Ride – A great way to improve your fitness quickly is to complete one long ride a week. Enjoy!
- (Extra Credit) 45 min Theme Ride – Focus on having fun during this class and avoid destroying yourself. The goal of this ride is to add volume to your schedule more so than intensity.

## **WEEK #3: Get Comfortable with Your Zones**

- 45 Min Power Zone Endurance Ride – Continue building comfort with zones 1-4.
- 45 Min Power Zone Ride – You want to feel well rested and fresh going into this workout. Continue building comfort with zones 4-6.
- 60 Min Power Zone Endurance Ride - Continue building comfort with zones 1-4 over 60 minutes.
- (Extra Credit) 45 min Theme Ride – Focus on having fun during this class and avoid destroying yourself. The goal of this ride is to add volume to your schedule more so than intensity.

#### **WEEK #4: Get Comfortable with Your Zones**

- 45 Min Power Zone Endurance Ride – Continue building comfort with zones 1-4.
- 45 Min Power Zone Ride – You want to feel well rested and fresh going into this workout. Continue building comfort with zones 4-6.
- 60 Min Power Zone Endurance Ride - Continue building comfort with zones 1-4 over 60 minutes.
- (Extra Credit) 45 min Theme Ride – Focus on having fun during this class and avoid destroying yourself. The goal of this ride is to add volume to your schedule more so than intensity.

#### **WEEK #5: Start Thinking About the Next Level**

- 45 Min Power Zone Endurance Ride – Continue building comfort with zones 1-4.
- 45 Min Power Zone Ride – You want to feel well rested and fresh going into this workout. Continue building comfort with zones 4-6.
- 60 Min Power Zone Endurance Ride - Continue building comfort with zones 1-4 over 60 minutes.
- (Extra Credit) 45 min Theme Ride – Focus on having fun during this class and avoid destroying yourself. The goal of this ride is to add volume to your schedule more so than intensity.

## **WEEK #6: Celebrate Your Fitness Gains**

- 30 Min Power Zone Ride – This workout is meant to prep you for the FTP test.
- 10 Min FTP Warm Up Ride followed by 20 Min FTP Test Ride – Calculate and compare your FTP and/or Watt to Kilogram ratio results to week #1. Let us know how you did! (<https://cadence.pelotoncycle.com/po...>).
- 45 Min Power Zone Endurance Ride – Test out your new zones in an endurance class.
- (Extra Credit) 45 min Theme Ride – Focus on having fun during this class and avoid destroying yourself. The goal of this ride is to add volume to your schedule more so than intensity.

Great job!!! Next week, feel free to repeat this challenge by starting at Week #2, or progress to Week #2 of the Intermediate Challenge.