

How can I burn the fat?

There's no doubt about it, we all want to burn off a bit if we're honest, and we know it will make life easier. You can climb up hills faster and hit the bumps with less force, meaning you stay upright for longer on the descents.

Firstly you need to be riding at the correct intensity. Use a heart rate monitor to be exact. The best heart rate zone for burning fat is between 65% and 80% of your Maximum heart rate.

Step 1: Many of us use the traditional method of 220bpm – your age to find your maximum Heart rate (MHR). This is not necessarily correct. Try cycling up a hill which lasts 2-3 minutes 3 times as hard as you can, make a note of your heart rate at the top of each climb, by the 3rd attempt your heart rate should be around maximum.

Step 2: Next measure your resting heart rate (RHR) when you are totally relaxed in bed.

Step 3: To find your fat burning

➔ Smooth sustained spinning is the key says WMB's resident fitness guru **Andy Wadsworth**



Ride hard in your 'fat burning zone' and you'll be hill climbing and slimmer in no time



Andy has raced the World Cup series as a privateer for two years, is a former Xterra (off-road triathlon) World Champion, runs his own personal training company, ProFitness, catering for beginners to elite athletes, and has been coaching for eight years

Heart rate calculations

1. $MHR\ 185 - RHR\ 50 = 135$ Heart rate range
2. Add 65% (88) of HRR (135) to RHR (50)
= Low end of Heart rate zone (138 bpm)
3. Add 80% (108) of HRR (135) to RHR (50)
= Top end of Heart rate zone (158 bpm)

zone follow the following example using your heart rates.

To burn fat in this example stay between 138bpm and 158bpm to really get to work on that blubber.

If you go above 158bpm your body will switch from burning fat to using a different energy source (muscle glycogen) which is stored in the muscles.

You need plenty of oxygen to enable fat burning to happen like a flame in a fire needs oxygen to keep burning. So the bottom line is if you're getting breathless, you will not be burning fat.

Andy's 3 steps to fat fighting



1 MAX HEART RATE
Do short hill climb burts to find your maximum heart rate first to help work out your fat burning zone.



2 RESTING HEART RATE
Note your resting heart rate in bed to help work out your heart rate range.



3 IN THE ZONE Keep your BPM steady - don't ride so hard you can't breathe as the fat burning flame will go out.