



T.A.H. Performance Consultants, LLC

17212 N. Scottsdale Road – Suite 2317

Scottsdale, AZ 85255

Phone: (480) 584-6202 Fax: (480) 584-6206

www.doctorholmes.net

www.holmesfitness.com

Active Recovery

Goal: This session will help you recover from your hard workouts and provide you with the ‘active rest’ needed to facilitate the physiological adaptation process (i.e., to improve your performance).

Total Workout Time: 30 to 75 minutes

Warm-up: None, the entire ride is ‘warm-up’ pace.

Terrain: As flat as possible.

Gearing: Use an easy gear that allows you to spin at a cadence of 90 to 95 rpm while maintaining a heart rate that is 50-60% of your maximum.

Training Zone: 1 (50-60% of MHR or 65-75% of Lactate Threshold)

RPM: 90 to 95

Cool Down: None, you SHOULD NOT be working hard enough to require a cool down!

Description: Begin with a cadence of 85 rpm and work up to a steady pace at 90 to 95 rpm. Focus on maintaining good form and spinning the pedals in an efficient manner. This should feel very easy to you. In fact, you will probably want to ride harder. Resist this urge! You should have no problems having a conversation with a riding partner, however if you are riding alone, don’t talk to yourself (okay, maybe just a little)!



Dr. Tyrone A. Holmes, LPC, CPT
Consultant - Speaker - Author
Certified Personal Trainer
tyrone@doctorholmes.net

