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Cadence Intervals

Goal: This workout will increase your ability to pedal a high cadence for long distances. It will also improve your neuromuscular coordination.

Total Workout Time: 75 to 90 minutes

Warm-up: 20 minutes

Terrain: Relatively flat with a few rolling hills.

Gearing: Use a relatively small (easy) gear that allows you to train at 70-80% of your maximum heart rate at a cadence of 100 to 110 rpm during the intervals.

The Workout: 3 x 10 minutes with 5 minutes recovery between harder efforts

Training Zone during Intervals: 3 (70-80% of MHR or 85-94% of Lactate Threshold)

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

RPM: 100 to 110 during intervals; 90 during recovery

Cool Down: 10 minutes in Zone 1 (50-60% of MHR)

Description: You will be turning over a relatively small gear during your intervals. Your goal is to keep your cadence between 100 and 110 rpm. Remember, you should not go above 80% of your MHR. If you find yourself drifting into Zone 4, shift into a smaller gear. Spin about 90 rpm in a very small (easy) gear during recovery. Build up to 3 x 15 minutes with a 5 minute recovery between hard efforts.



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