



17212 N. Scottsdale Road - Suite 2317 - Scottsdale, AZ 85255

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

www.holmesfitness.com

High Cadence 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). It will also help improve your ability to spin at higher cadences.

Total Workout Time: 30 to 75 minutes

Warm-up: None, the entire ride is 'warm-up' pace except for the 'high cadence spin-ups'.

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 with 105 to 120 rpm 'high cadence spin-ups'.

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. Every 5 minutes do a 105 to 120 rpm 'high cadence spin-up' for 30 to 45 seconds (ride for at least 15 minutes before you start the spin-ups). Use very low (easy) gearing so your heart rate does not go above Zone 2. This IS NOT a high intensity workout. Your goal is to improve your ability to spin a higher cadence **and** recover.



Dr. Tyrone A. Holmes, Ed.D, CPT
Speaker - Author - Consultant
Certified Personal Trainer
USA Cycling Level 2 Coach
doctorholmes@sbcglobal.net

