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High Cadence Spinning

Goal: This workout will improve your *aerobic endurance* and enhance your ability to pedal at higher cadences.

Total Workout Time: 60 to 120 minutes

Warm-up: 15 minutes

Terrain: Relatively flat with a few rolling hills.

Gearing: Use a gear that allows you to train at 65-70% of your maximum heart rate at a cadence of 90 to 95 rpm.

Training Zone: 2 (60-70% of MHR or 75-85% of Lactate Threshold)

RPM: 90 to 95 with 110 to 125 rpm 'high cadence spin-ups'.

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

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 110 to 125 rpm 'high cadence spin-up' for 45 to 60 seconds (ride for at least 15 minutes before you start the spin-ups). Use low (easy) gearing so your heart rate does not go above 75% of your MHR (the middle of Zone 3). This IS NOT a high intensity workout. Your goal is to improve your ability to spin a higher cadence and to enhance your aerobic endurance.



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