



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

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

[www.holmesfitness.com](http://www.holmesfitness.com)

## Hill Intervals

**Goal:** This workout will increase your power at *lactate threshold* (the absolute hardest effort you can maintain for 30 to 60 minutes) and your ability to cycle uphill.

**Total Workout Time:** 75 to 90 minutes

**Warm-up:** 20 minutes

**Terrain:** Long steady uphill terrain.

**Gearing:** Use a relatively small gear that allows you to train at 80-90% of your maximum heart rate at a cadence of 85 to 95 rpm during the hill intervals.

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

**Training Zone during Intervals:** 4 (80-90% of MHR or 98-105% of Lactate Threshold)

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

**RPM:** 85 to 95 during intervals; 90 - 100 during recovery

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

**Description:** This is a hard workout! You will be performing uphill intervals at lactate threshold. Keep your gearing relatively low so you can maintain a fairly high cadence during your hard efforts. You will need to find a long hill to perform this workout (2-3 miles). If you don't have any long hills near you, use a shorter hill, ride up, come back down and immediately ride up again (be careful when you turn around).



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

