



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

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

www.holmesfitness.com

Pyramid Intervals: Constant Cadence

Goal: This workout will increase your ability to pedal a high cadence in a moderately big gear. It will also increase your lactate threshold and VO^2 Max.

Total Workout Time: 66 to 86 minutes

Warm-up: 20 minutes

Terrain: This workout works best on an indoor trainer.

Gearing: Start in a gear you can spin comfortably (Zone 2) at 90-95 rpm. You will increase gearing every 60 seconds until you reach the “top of the pyramid”.

The Workout: 3 x 7 minutes with 5 minutes recovery between ‘Pyramids’

Training Zone during Intervals: 4-5 (80-100% of MHR or 98-105%+ of Lactate Threshold)

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

RPM: 90 to 100 during intervals; 90 during recovery

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

Description: Start in a gear you can spin comfortably at 90-95 rpm. Every 60 seconds, increase your gearing but ***maintain your 90-95 rpm cadence throughout***. Increase gearing 3 times (up the pyramid), and then reverse the process by decreasing your gearing every 60 seconds until you finish where you started (down the pyramid). At the top of the pyramid, your heart rate will be well into Zone 5! Build up to 4 intervals at 95-100 rpm. You can also increase gearing 4 times for a 9 minute hard effort.



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

