



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

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

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

## Pyramid Intervals: Constant Gearing

**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:** Select a gear you can spin comfortably (top of Zone 2) at 80 to 85 rpm. You will stay in this gear throughout each hard effort.

**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:** 85 to 100 during intervals; 90 during recovery

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

**Description:** Begin the interval with a cadence of 85 rpm. Every 60 seconds, maintain your gearing but increase your cadence by 5 rpm. Increase cadence 3 times (85 rpm to 90 rpm to 95 rpm to 100 rpm), and then reverse the process by decreasing your cadence by 5 rpm every 60 seconds until you finish where you started (up & down the pyramid). At the top of the pyramid, your heart rate will be well into Zone 5! Build up to 4 intervals. You can also increase cadence 4 times (to 105 rpm) 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](mailto:doctorholmes@sbcglobal.net)

