



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

**Goal:** This workout will increase your *muscular endurance* (your ability to spin bigger gears for longer periods of time) and your lactate threshold.

**Total Workout Time:** 66 to 86 minutes

**Warm-up:** 20 minutes – make sure you warm-up thoroughly!

**Terrain:** This workout works best on an indoor trainer.

**Gearing:** Start in a gear you can spin at 90 rpm in Zone 3. You will increase gearing (and decrease cadence) 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 (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:** 60 to 90 during intervals; 90 during recovery

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

**Description:** Begin the interval at a cadence of 90 rpm. Every 60 seconds, shift up one gear but decrease your cadence by 10 rpm. Increase gearing/decrease cadence 3 times (90 rpm to 80 rpm to 70 rpm to 60 rpm), and then reverse the process by decreasing your gearing and increasing your cadence by 10 rpm every 60 seconds until you finish where you started (up and down the pyramid). At the top of the pyramid, your heart rate should be at or near Zone 4. Build up to 4 intervals.



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)

