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Sprint Intervals - Long

Goal: This workout will increase your neuromuscular power and anaerobic capacity.

Total Workout Time: 60 minutes

Warm-up: 20 minutes (**make sure you are thoroughly warmed-up**)

Terrain: Relatively flat, low traffic course or an indoor trainer.

Gearing: Use a big gear that allows you to maintain a cadence of 95 to 105 rpm during the 1-minute, 'nearly all-out' efforts.

The Workout: 10 x 1:00 sprints with 2 minutes recovery between hard efforts

Training Zone during Intervals: HR will approach Zone 5 by end of each hard effort

Training Zone during Recovery: Zone 1-2 with a 2-minute recovery

RPM: 95 to 105 during hard efforts; 90 during recovery

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

Description: After a thorough warm-up, shift into a big gear that allows you to sprint for one minute at a cadence of 95-105 rpm. Stay in the saddle and accelerate to the desired cadence. It should take you 10-15 seconds to reach your top speed (you will be pedaling **almost** as hard as you can at this point). Try to maintain this effort for another 45 seconds (1:00 total for the interval). Shift to a lower gear and recover for 2 minutes before the next hard effort. Start with five Sprint Intervals and build up to ten. Once you can do ten, shorten your recovery time between hard efforts to 1-minute.



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