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Steady Spinning: Indoors

Goal: This workout is designed to increase your *aerobic endurance* and to help you improve your cycling economy.

Total Workout Time: 60 to 120 minutes (note: riding indoors provides the same training effect as an outdoor ride in about 2/3 the time).

Warm-up: 10 minutes

Terrain: Indoor trainer or stationary bike.

Gearing: Use a gear (or resistance setting) that allows you to train at 65-70% of your maximum heart rate at a cadence of 90 to 95 rpm.

Training Zone: 2 (60-70% of MHR or 75-85% of Lactate Threshold)

RPM: 85 to 95 (90 to 95 after warm-up)

Cool Down: 5 minutes in Zone 1 (50-60% of MHR)

Description: After your warm-up, find a steady cadence of 90 to 95 rpm and maintain throughout. Focus on maintaining good form and spinning in circles. You may be tempted to ride much harder but resist this temptation. Your objective is to develop your aerobic energy system and to become more comfortable at riding longer and longer distances. As you become stronger, increase ride distance until you can complete 2 hours of steady spinning indoors. Remember to drink lots of fluids!!!



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