



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

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

www.holmesfitness.com

Strength Intervals

Goal: This workout will increase your *strength endurance* (i.e., your ability to spin a bigger gear for a longer period of time).

Total Workout Time: 75 to 90 minutes

Warm-up: 20 minutes

Terrain: Any terrain will work. Simply adjust gearing based on the terrain you are riding.

Gearing: Use a relatively large gear that allows you to train at 70-80% of your maximum heart rate at a cadence of 70 to 80 rpm during the intervals.

The Workout: 3 x 10 minutes with 5 minutes recovery between hard efforts

Training Zone during Intervals: 3 (70-80% of MHR or 85-94% of Lactate Threshold)

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

RPM: 70 to 80 during intervals; 90 during recovery

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

Description: You will be turning over a relatively big gear during your intervals. It is very important to warm-up thoroughly to reduce the possibility of knee injury. Spin about 90 rpm in a very small gear during recovery. Build up to 3 x 15 minutes with 5 minutes recovery between efforts.



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

