



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

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

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

## Time Trials - Cadence

**Goal:** This workout will increase your *maximum sustainable power output* (your power at lactate threshold) and improve your ability to pedal at a high cadence.

**Total Workout Time:** 75 to 80 minutes

**Warm-up:** 20 minutes

**Terrain:** A relatively flat, low traffic road with few lights, stop signs etc.

**Gearing:** Use a gear that allows you to train at 80-90% of your maximum heart rate at a cadence of 100 to 105 rpm during the hard efforts.

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

**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:** 100 to 105 during hard efforts; 90 during recovery

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

**Description:** This workout is very similar to my "Time Trials" workout. The only difference is you are spinning a higher cadence in a lower gear. After your warm-up, ride as hard as you can for 10 minutes at 100 to 105 rpm. Your HR should be in Zone 4 just below your lactate threshold. **Don't overdo it, especially during the first 2 minutes.**

Build up to two 20 minute intervals with 5 minutes recovery.



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)

