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Time Trials

Goal: This workout will increase your *maximum sustainable power output* (your power at lactate threshold).

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

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

Description: This is my favorite workout because it will make you a faster in time trials (an individual race against the clock over a predetermined distance). It is very simple to do. After your warm-up, ride as hard as you can for 10 minutes at 90 to 95 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.



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