



Holmes Fitness Coaching, LLC

Improving Health, Fitness and Athletic Performance

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Steady Spinning

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

Total Workout Time: 90 to 180 minutes

Warm-up: 15 minutes

Terrain: Relatively flat with a few rolling hills.

Gearing: Use a gear 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: 10 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 the pedals in an efficient manner (concentrate on 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 3 hours of steady spinning.



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