



Holmes Fitness Coaching, LLC

Improving Health, Fitness and Athletic Performance

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Tempo Ride

Goal: This workout will improve your *aerobic endurance* and your *muscular endurance* (your ability to pedal bigger gears for longer periods of time).

Total Workout Time: 60 to 120 minutes

Warm-up: 15 minutes

Terrain: Rolling Hills

Gearing: Use a gear that allows you to train at 70-75% of your maximum heart rate at a cadence of 80 to 90 rpm.

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

RPM: 80 to 90

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

Description: After your warm-up, find a steady cadence of 80 to 90 rpm and maintain throughout. Focus on maintaining good form and spinning the pedals in circles. You will be in a bigger gear than the one you use for your long Zone 2 rides (i.e., Steady Spinning) so muscle fatigue is a definite possibility. You will also be breathing fairly hard. Do not allow your cadence to go below 80 rpm. If necessary, reduce your gearing so you can maintain the proper cadence. As you become stronger, increase ride distance until you can comfortably complete a 2 hour Tempo ride.



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