

Fit Bit Friday 167

The Sweet Spot Cycling Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: This is a routine that I do variations of really frequently, and to say it's been effective is an understatement. I've noticed big gains in my overall lower body strength, as well as my ability to cycle faster at resistances that I once struggled to use while staying within the target cadence range. It's also made me a better cyclist out on the road (although there's not a whole lot of road cycling going on over here these days!)

You'll start with an easy couple of minutes riding on a flat, then start playing with the resistance as the "road" gets a bit rolly. In the toughest part you should feel challenged and your heart rate should be at its peak, but remember to stay within that ideal RPM range. For this case, in your hard efforts, shoot for somewhere between 80 and 90RPM. You should notice that your speed (MPH) and power output are higher for these intense spurts than they are when you're riding at a lower resistance and higher cadence.

I've included some sample resistance numbers from the last time I did this workout so you can get the idea of what to look for. Of course, modify to suit your own fitness levels and be sure to stay hydrated throughout.

	What to do	RPE	Sample Resistance
0:00-2:00	2 mins easy flat ~110 RPM	5	8
2:00-4:00	2 mins moderate flat ~100 RPM	6.5	10
4:00-6:00	2 mins moderate/hard resistance ~95 RPM	7.5	12
6:00-10:00	4 mins high resistance while still being able to maintain ~90RPM	8.5	14
10:00-20:00	Staying at around 90RPM, alternate between 1 min medium resistance and 1 min higher resistance for 1 minute each. (Total of 5 reps for 10 minutes)	7.5 to 9	11 to 14
20:00-30:00	Repeat minutes 0:00-10:00 again	5 to 8.5	8 to 14
30:00-35:00	Easy cool-down	5	8
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