

Indoor Cycling Workouts

Cadence Check – When I say “go or start” choose a leg – left or right, count the down stroke or when your foot hits 6 o’clock for fifteen seconds or when I say “stop”. 25 counts is 100 revolutions per minute on cadence.

90/100 RPM – You need to stay between 90-100 RPM. When we do a 15 second count, you want to maintain 23 to 25 counts.

45 sec off/ 15 sec on – The total time is 1 minute. In the 45 second off, you can rest a little and bring your RPM up to 100, so that you can start greater than 100 RPM on the next 15 seconds.

Spin – This is the RPM where you feel comfortable (around 100 RPM), but not necessarily at that pace.

Warm Up – The first minute, your RPM should be around 85 to 90 or 21 to 23 counts, and by the end of the Warm Up, you need to be around 100 RPM or 25 counts, ready to do the schedule.

Cool Down – You should be relaxing and don’t need pressure on the pedals.

100+ RPM – Riding harder than 100 RPM, but less than 110 RPM or 28 counts.

20 sec max – Sitting, going as hard as possible.

45 sec 100 RPM/15 sec Sprint – For 45 seconds, 100 RPM or 25 on the count, then for 15 seconds, increase your RPM from the 100 RPM to your maximum.

15 sec sprint/45 second sustain – After 15 sec sprint, hold your RPM as high as possible for 45 seconds.

30 second high RPM/30 sec 100 RPM – Sitting, bring your RPM up high, but still in control and then hold for 100 RPM for 30 seconds.