BIKE

This is an idea I got from Ironman legend Dave Scott when I was a pro, and it helped make my winter indoor cycling much more tolerable. I'm very reluctant to train indoors, which is why my skin looks like a lizard's!

There are several reasons to do this type of session indoors:

- The variety will give you something to think about (other than how much you're hurting).
- It's good to train at various intensities at various cadences so that in a race you can change cadence if the one you're using doesn't feel great.
- You will be a better cyclist if you extend the range of cadence at which you're comfortable and proficient.

You can do this session outside, of course. It may be interrupted by traffic, lights, and so on, but it can still be very effective. You'll probably find your cadence is usually higher when going downhill or with a tailwind, lower when going uphill or into a headwind.

Optimal Cadence

This workout can eventually help you determine your optimal cadence for racing. But don't jump the gun . . . wait until you have trained yourself at the high and low end of the cadence spectrum at least 10 times before even beginning to reach a conclusion about which cadence is really your best. It's only with training at all cadences that you will become proficient and begin to see your preferences emerge.

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TIME/DISTANCE	DESCRIPTION
20 min.	Easy warm-up; vary cadence and include a little time out of the saddle RPE 1
6 × 3 min.	Continuous 18-min. effort at steady pace RPE 2
	3 min. high cadence, 100–120 rpm
	3 min. normal time trial cadence
	3 min. low cadence, 60–70 rpm; stand for the last half of each rep
	Repeat progression
2 min.	Easy spinning RPE 1
6 × 2 min.	Continuous 12-min. effort, alternating 1 min. moderately hard RPE 3, 1 min. easy RPE 1
	2 min. high cadence
	2 min. normal time trial cadence
	2 min. big gear
	Repeat progression
4–5 min.	Cruise RPE 1
2–3 min.	Stretch to complete the hour

Go as high as you can smoothly go, but keep the effort in your steady zone.

Stand for the last half of each rep.