

KREITLER[®] ROLLERS

Training sessions provided by
Coach Peter Georgi

Halo
CYCLES

Ramped Cadence Session

Developing cadence skills is one of the key benefits of using rollers and is a great way to develop efficiency as a bike rider. This session will help you become comfortable at higher cadences and is good for supporting road, track and cross riding.

Equipment Used

4.5" or 3" rollers, no Flywheel or Headwind Fan.

The Session

The body of this session is 3 x 6 minute intervals that ask you to ramp up the cadence in minute bursts which will push you beyond your previous limit. Tires should be pumped up hard and rollers running smoothly.

Warm up well for 10 minutes at a comfortable cadence, usually between 85-95 rpm. Include 3 max cadence rev-outs in the warm up.

Then do the following 3 six-minute intervals with 5 mins steady riding in between.

1 min @ 100 rpm, 1 min @ 110 rpm (or around it but just above it)
1 min @ 100 rpm, 1 min @ 115 rpm
1 min @ 100 rpm, 1 min @ 120 rpm 5 mins recovery at around 90 rpm

1 min @ 100 rpm, 1 min @ 115 rpm (or around it but just above it)
1 min @ 100 rpm, 1 min @ 120 rpm
1 min @ 100 rpm, 1 min @ 125 rpm 5 mins recovery at around 90 rpm

1 min @ 100 rpm, 1 min @ 120 rpm
1 min @ 100 rpm, 1 min @ 125 rpm
1 min @ 100 rpm, 1 min @ 130 rpm

10 mins cool down

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How to Do It

Key to developing your cadence skills is to use your core while riding. So, in the 6 minute intervals, aim to lock your core and hold your upper body still. It will feel odd to start, but will feel natural as you get more experience.

Progression and Other Thoughts

One obvious progression is to aim for higher final cadence. Once you can comfortably complete the final 6 minute interval, start the first one at 115 rpm – pushing the cadences up 5 rpm each time so finally ending on 135 rpm. Likewise, if the whole session is too much to start, reduce the first interval to 105 rpm.

Body Position: Most people will start doing this session on the hoods. The next progression is to do the intervals in the drops and for those who time trial or pursuit, do them on the skis of a TT or pursuit bike.

Finally, once you are comfortable with this session it can act as a great recovery ride. The high cadence will continue to develop skill while the power will always be low.