

Advanced Parkinson's Cycling

- W/U-Longer warm up than usual
light hear- begin at 70-75-80-85-90-85 (add gear)-80-75- 70

Stage 1

- 80 rpms- find base gear and power- keeping heart rate well under threshold
- 20 secs to 90 Rpms/10 Seconds at 80 Rpms- Repeat 8 X
- find last 90 Rpm power or gear

Recovery- 1-2 mins- gear down/Rpm up to 85-90

Stage 2-

- 80 rpms- use last 90 Rpm gear or power to begin this Stage
- 20 secs to 90 Rpms/10 Seconds at 80 Rpms- Repeat 8 X
- find last 90 Rpm power or gear

Recovery- 1-2 mins-gear down/Rpm up to 85-90

Stage 3—8 mins

- 80 Rpms- slowly build power staying at 80 Rpm for 1 min/
adding gear every minute until finding power/heart rate that can be maintained using Moderate zone heart rate

2 minutes recovery - they should really need it!!- lighten gear and ramp up Rpm tp 85-90

Final Stage-

Coaches choice here of Stage 1 or 2. I used fast cycling at 85-90 Rpm with light to moderate gear.

Enjoy!!