

Advanced Parkinson's Cycling Profile/No Recovery

Warm up

70-80 Rpms- 7 mins light gear

add 5 Rpms- 5 mins

Stage 1

5 mins-80 Rpms- add 1- 2 gears

1 min- 90 Rpms

4 mins- 80 Rpms- add 1 gear

1 min- 85 Rpms

3 mins- 80 Rpms- add 1 gear

1 min- 85 Rpms

2 mins- 80 Rpms- drop 1 gear

1 min-90 Rpms

Watch heart rate throughout above interval. HR should stay under aerobic threshold by 5-8 BPM

4 mins- 80 Rpms- Keep gear

1 min- 85 Rpms

3 mins- 80 Rpms-add 1 gear

1 min- 85 Rpms

2 mins- 80 Rpms- add 1 gear

1 min-90 Rpms

Please bring Rpm slowly- 5 Rpms every 10 seconds until it is below 70 rpm, then drop gear preparing for recovery.

Make sure HR is down into easy zone before stepping off bike. It might take an extra 1-2 mins.

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