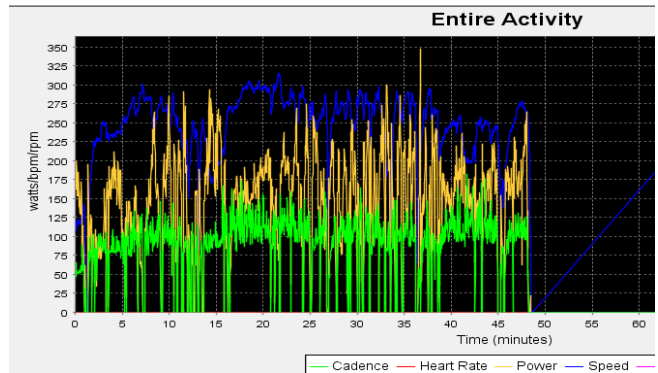


Fast Cadence

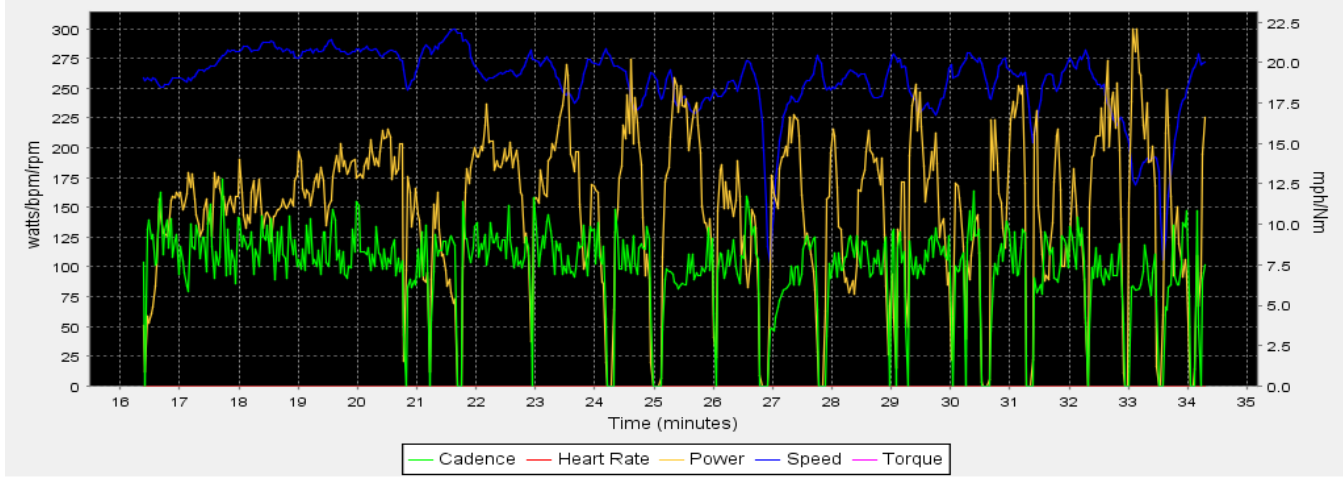
This session boosts pedaling efficiency. Today, focus on your cadence. Toss out a high cadence mainly in your small chain ring, staying in Zone 1-2 for most of the duration without interruption. Allow your feet and legs to relax, while keeping your hips quiet.

Entire Activity



Highlighted Fast Cadence 98rpm avg

New Interval



Graph Options

- Heart Rate
- Cadence
- Torque
- Speed
- Power

Smoothing Factor:
2 samples

Sampling Factor:
2 samples

Interval Data

Distance: 5.65 mi
 Duration: 00:17:54
 Work: 159 kJ

	Average/Max	Peak Power	Power Zone	Heart Rate Zone	Notes
Speed (mph):	22.06				
Cadence (rpm):	201				
Heart Rate (bpm):	0				
Torque (Nm):	0				
Power (Watts):	320				
Power (Watts/kg):	4.03				

Intervals

- Entire Activity
- Interval 0

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