

Here is a cadence sheet to help you determine your cadence. You can print it off and then cut it out and place on your bike. You will need to count the number of leg strokes in 15 seconds. I usually count with my right leg. So if I count 20 strokes in 15 seconds my cadence is 80rpm.

Cadence (RPM)	# strokes in 15 seconds
70	18
75	19
80	20
85	21
90	22
95	24
100	25
105	26
110	27
115	28
120	30
125	31