

SPINNING ENERGY ZONES

The first step in a successful training program, for new riders and serious athletes alike, is to build a foundation of aerobic fitness. From this base, you can vary training intensity, incorporating occasional anaerobic training sessions to bring your body to peak fitness levels. The **Spinning Energy Zones** were designed to categorize training sessions by intensity and mental training characteristics.

The body uses different fuels at different levels of exertion. In general, training at low heart rates causes most athletes to utilize mostly fat for fuel. At high heart rates, more carbohydrates are used. With consistent training, your heart becomes stronger and pumps more blood, and ultimately your work output in the various heart rate zones improves.

The Spinning program incorporates five Energy Zones with recommended heart rate ranges. A brief description of each follows:

RECOVERY 50-65% of maximum heart rate.

The main objective of the **Recovery Zone** is to make the body feel like it has been gently massaged and is vibrating with gathered energy. Treat this ride like a meditation on the bike where you work on balance, breathing, and rejuvenating the body.

ENDURANCE 65-75% of maximum heart rate.

The **Endurance Zone** is used to train the body to be more efficient at metabolizing fat and to maintain a comfortable pace for extended periods. You should strive to stay within five beats of your chosen heart rate for the entire training session. This improves mental discipline as well as aerobic efficiency.

STRENGTH 75-85% of maximum heart rate.

The **Strength Zone** promotes muscular and cardiovascular development. The heart rate range of the **Strength Zone** straddles the region where the body switches from aerobic to anaerobic metabolism. You can choose to conduct this training session in the lower range of the zone and remain entirely aerobic or extend your efforts into the high range to introduce anaerobic metabolism. A Strength training session develops mental as well as physical strength. You will learn to develop the ability to remain relaxed and focused as you adapt to increasing resistance and fatiguing muscles. Strength training helps you overcome obstacles, turning adversity (hills) into opportunity.

INTERVAL 65-92% of maximum heart rate.

The goal of training in the **Interval Zone** is to develop the ability to recover quickly after work efforts. The characteristic of an interval workout is to push for a designated time and recover for a designated time. While the typical **Interval** ride involves anaerobic heart rates, aerobic intervals may also be used. Aerobic intervals range from 65% of max heart rate (recovery period) to 80% (work efforts). Anaerobic intervals range from 65% (recovery period) up to as high as 92% (work efforts). It is highly recommended that all riders utilize heart rate monitors during Interval sessions. Training in the **Interval Zone** develops your ability to use breathing and visualization techniques to assist in quick recovery from work efforts.

RACE DAY 80-92% of maximum heart rate.

This is a peak performance workout performed at anaerobic threshold. Unlike Interval training sessions, where work efforts are broken by consistent rest periods a **Race Day** ride is carried out at a steady heart rate consistent with your anaerobic threshold. A **Race Day** ride is about "laying it on the line." **Race Day** training sessions require a substantial fitness base and should NEVER be conducted until successfully completing at least two months of aerobic base building. It is NOT for new students.