



TRAINING TIPS

ENDURANCE ENERGY ZONE™

Aerobic base work is the key to successful endurance training, and the Endurance Energy Zone™ is the heart and soul of the Spinning® program's five Energy Zones.

The Endurance EZ increases aerobic capacity and improves cycling economy (meaning your body has to expend less energy at any given intensity). Endurance training should make up the largest percentage of your total training time, and it is the foundation upon which you build your fitness and performance goals. Whether you are a world-class athlete, a Spinning class regular or a beginning exerciser, most of your workout time should be spent in the Endurance EZ.

BENEFITS OF EXERCISING IN THE ENDURANCE ENERGY ZONE

RESISTANCE:

Light to moderate

- Builds an aerobic base (foundation), which is critical for improving heart and lung capacity. Without a sufficient aerobic base, you'll lack the stamina necessary to exercise for long periods and boost intensity.

CADENCE:

Maintain 80-110 RPM (perform a cadence check to determine leg speed)

- Increases your aerobic capacity, which affects the body's ability to store and transport fuel (oxygen and nutrients) and produce energy. High aerobic capacity also allows for faster recovery between workouts.
- Improves fat metabolism by increasing enzyme activity in the working muscles. This boosts your ability to use fat as an energy source. As you become more proficient training in the Endurance EZ, you burn more fat than you used to (which may be why you see your hips, thighs, arms and abdomen shrinking).

FREQUENCY:

60-70% of total training time (two workouts per week if you exercise three times a week and three workouts per week if you exercise five times a week)

- Protects against heart attack and other cardiovascular diseases. The heart muscle increases in size as a result of proper endurance training, as does the volume of blood it pumps with each stroke. This blood flow goes to nourish your working muscles. You may notice your resting heart rate decreasing as much as one beat/minute each week during your first month of aerobic base building. This is solid proof that your heart doesn't have to work as hard to pump the same amount of blood that it did before you started endurance training.
- Improves oxygen consumption, which means your body utilizes more oxygen during maximal exercise. The more oxygen your body can take in and put to work, the more efficient you are.

HEART RATE:

65-75% MHR (conditioned riders may be able to attain 80% MHR and maintain aerobic conditions)

For more information about the Spinning program, visit www.spinning.com or call 800.847.SPIN (7746).

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