



LOOPS & LADDERS

TRAINING TIPS

Loops and ladders are two creative ride profile themes that can keep your rides energizing and challenging. By participating in Spinning® rides that use a variety of aerobic and anaerobic loops and ladders you can focus on cadence building, resistance loading, transition practice or interval training—or even a combination of these key skills and techniques!

Loops:

Incorporate multiple riding positions that are performed in a sequence—you execute the series, then “loop” back around to repeat the sequence, often with one change such as an increase in resistance or a decrease in cadence.

Ladders:

A type of interval training in which you progressively increase either the time or difficulty of an interval.

TYPES

- **Loops:** Basic, Resistance, Cadence
- **Ladders:** Aerobic, Anaerobic

BENEFITS

- **Loops:** Improve transitions, Challenge resistance, Increase cadence quality
- **Ladders:** Interval training, Motivation, Transitions

ENERGY ZONES™

- **Loops:** Endurance, Strength, Interval, Race Day
- **Ladders:** Strength, Interval, Race Day

An essential component of the Spinning program is remaining motivated—by keeping your rides engaging you will develop not only the physiological benefits of consistent training, you will also be enthusiastic about coming back for more!