



TRAINING TIPS

CADENCE RANGES

In the Spinning® program, just as in the sport of cycling, cadence is one of the most important elements to grasp. In order to maximize your workout effectiveness, you need to know the appropriate pedaling speed ranges for riding on different terrains.

DEFINITION OF CADENCE

Cadence is defined as pedaling speed in revolutions per minute (RPM). Therefore, a cadence of 60 RPM means that one pedal makes a complete revolution 60 times in one minute. Likewise, a cadence of 100 RPM means that one pedal makes a complete revolution 100 times in one minute.

MONITORING CADENCE

If you ride on a Spinner® bike with a computer, you will get a continuous readout of your cadence. Otherwise, you can monitor your cadence with periodic cadence checks. Simply count the revolution of one leg for 15 seconds and then multiply by four. You may find it easier to count if you hold out one hand and let your thigh tap your palm at the top of each pedal stroke.

CADENCE RANGE FOR FLAT ROADS

The cadence range for a flat road is 80–110 RPM, which is based on realistic road cycling cadences. If you are tempted to pedal faster than that because you feel you will get a more intense workout, just try adding slightly more resistance first. Do not fall into the mistake of thinking that a flat road means no resistance. Any cyclist will tell you that even on a flat road a cadence of 100-110 RPM can be very challenging. Keep in mind that on a Spinner bike, we use the resistance knob to simulate headwinds, road friction and bigger gears—all of which are elements that create a realistic riding experience.


A common mistake in the Spinning program is to pedal very fast with very little resistance on the flywheel. So how fast is too fast? If your cadence is over 110 RPM, it's too fast. But even if your cadence is under 110, it still might be too fast, relative to the amount of resistance you have applied to the flywheel. If you find yourself bouncing in the saddle, that's a good indication that you are not in control of your pedal stroke, (and therefore your cadence is too high relative to the amount of resistance you have on the flywheel). When your cadence is too high with too little resistance, your pedals are turning simply because of the momentum of the weighted flywheel. That's right—the flywheel is doing all the work! Not only does that create an inefficient workout (since your muscles don't have to do any of the work), but it can also be unsafe if the pedals get out of your control.

CADENCE RANGE FOR HILLS

The cadence range for climbing hills is 60–80 RPM. It is a slower cadence because there is more resistance on the flywheel, simulating an uphill ride that requires more effort than on a flat road. The more you turn the resistance knob to the right, the steeper the hill, and the slower your pedaling becomes. The lower limit of 60 RPM on a hill is set for safety reasons. If your resistance is so heavy that you cannot maintain at least 60 RPM, you run the risk of putting too much stress areas such as your knees, hips and back. A key indicator of your resistance being too high is when you need to contort your body and throw your body weight into pushing the pedals downward, while pulling on the handlebars. If a steep hill is your goal, find the highest amount of resistance you can maintain while employing good form at 60 RPM.

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

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