



TRAINING TIPS

SPRINTING IN THE SPINNING® PROGRAM

What is a sprint? A sprint is an all-out, short-term effort at maximum output performed in a high gear. A sprint lasts no more than 30 seconds. When riders complete a true sprint, they should be “spent.”

HOW TO PERFORM SPRINTS ON A FLAT::

- 1. Start in a Seated Flat:** Use Hand Position 2 or 2.5 with medium resistance at an intensity that requires some degree of effort (not a comfortable cruising pace).
- 2. Achieve optimal resistance on the flywheel:** Begin adding resistance to start the initial stage of the sprint.
- 3. Explode out of the saddle:** Jump out of the saddle for 5 seconds into Hand Position 3, using body weight, position, momentum and intention to power through the heavy resistance load.
- 4. Transition to a Seated Position:** Settle back into the saddle quickly, efficiently and fluidly, into Hand Position 2 or 2.5, and maintain a high output for the remainder of the sprint effort, building on the momentum and maintaining smooth pedal strokes.
- 5. Recover:** Both your heart rate and legs will be tapped out. Engage in 1.5-3 minutes of active recovery as you focus on controlled breathing and fluid pedal strokes.

SPRINTING DOs:


- Weight centered over the bike
- Strong core
- Head up looking ahead
- Sharp, neat, fluid movements
- Determination, focus and immersion in the moment
- Forceful exhalations with proper diaphragmatic breathing
- Strong, controlled movement when finishing the Sprint
- Recovery period after the Sprint

SPRINTING DON'Ts:

- Low resistance or no resistance
- Cadence too high or too low; you must stay within your means but challenge yourself
- Extreme forward flexion of body over the bike or too much upper body weight on the bars
- Straight arms, head down, arched back, heels up, knees out, elbows turned in
- Holding your breath
- Sprint time longer than 30 seconds

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

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