



# TRAINING TIPS

## RACE DAY ENERGY ZONE™

Race Day is your chance to test yourself; to put everything you've learned through all those weeks of training on the table. Are you up for the challenge?

The Race Day Energy Zone™ (RDEZ) is a celebration, an opportunity to apply the consistent training you've been practicing in the studio to a peak performance effort. This means that you should take every measure to ensure that you are both physically and mentally ready for such a challenge when the day comes. The RDEZ is not to be taken lightly; it requires complete focus, dedication and undeniable desire. A Race Day ride can help you effectively measure and quantify your goal-setting as it relates to your Spinning® journey or cycling training plan.

### RACE DAY ENERGY ZONE PARAMETERS

**Heart Rate:** 80% MHR - Maximal Effort

**Resistance:** Resistance can range from intense climbs to challenging flats. The key is to remember that the rider who pushes the biggest gear with an aggressive leg speed (80-110 RPM) is the rider who will clock the fastest time. You will not clock the fastest time, burn the most calories, become stronger as an athlete or sculpt and define your leg muscles by using low resistance and turning the flywheel as fast as you can. The bottom line: to train for Race Day, use appropriate resistance throughout the base building period, then focus on speed later.

**Cadence:** 80-110 RPM (perform a cadence check to determine leg speed)

**Frequency:** Race Day can be used as a monthly test to determine whether your training plan is making you more fit. It will allow you to have a better understanding of your heart rate potential and create a wider paradigm for training.

### CHARACTERISTICS AND BENEFITS OF THE RACE DAY ENERGY ZONE

- Race Day training challenges your body to work at high heart rates, close to and above lactate threshold (LT). Lactate threshold marks the point where lactate accumulates in the bloodstream faster than it can be removed. Purposely taking your body to this point—and beyond—forces it to adapt to greater concentrations of lactate, which will dramatically improve your LT.
- Race Day training improves neuromuscular coordination (brain-to-muscle pathways). Similar to a trail through a meadow, the more these pathways are used, the clearer the trail becomes. If the trail isn't used, grass grows over it and it's more difficult to follow, which impedes your progress. RDEZ sessions use these pathways at a high level, and as a result, the entire musculoskeletal system learns to move faster. These training sessions engage the muscle fibers and train them to go faster, to have more available energy and to recover more quickly after exhausting training.
- A race is not a place to work on weaknesses; however, there is much to learn from each racing experience. Participation in Race Day sessions will help you gauge your progress, realize your potential and highlight any weaknesses in your training plan.

**For more information about the Spinning program, visit [www.spinning.com](http://www.spinning.com) or call 800.847.SPIN (7746).**

Spinning training tips are the intellectual property of Mad Dogg Athletics, Inc. They are provided to Spinning Instructors and authorized Spinning facilities with permission to photocopy and distribute to Spinning class participants.

©2014 Mad Dogg Athletics, Inc. All rights reserved. Spin®, Spinner®, Spinning®, Spin Fitness® and the Spinning logo  are registered trademarks that are owned by Mad Dogg Athletics, Inc.