



TRAINING TIPS

INTERVAL ENERGY ZONE™

If you want to take your training and conditioning to the next level, the Interval Energy Zone™ (IEZ) is an excellent way to get there. One of five Energy Zones, (Recovery, Endurance, Strength, Interval and Race Day), the IEZ is an integral part of any training program. Interval training—abruptly increasing and decreasing the heart rate by manipulating the intensity of the activity—is beneficial for anyone looking for a way to enhance fitness and overall health.

INTERVAL ENERGY ZONE PARAMETERS

Heart Rate: There are three types of common intervals. Each one improves a specific energy system and relates to a certain heart rate range.

- **AEROBIC INTERVALS:** Performed at 50-80% of max heart rate (MHR)
- **AEROBIC/ANAEROBIC INTERVALS:** Performed at 65-92% MHR; however, conditioned riders may reach “max effort” intensity which may be above 92% MHR.
- **ANAEROBIC INTERVALS:** Intensity is maximal effort. No heart rate parameters are given because the duration of the interval is so short that the heart rate monitor cannot accurately reflect the actual work intensity. However, it’s important to monitor the recovery portion of this intense interval by dropping your heart rate in two to five minutes.

Work-to-Rest Ratios:

- **AEROBIC:** 4-15 minutes of work effort followed by 15-30 seconds of recovery
- **AEROBIC/ANAEROBIC:** 30 seconds to 10 minutes of work effort followed by an equal amount of recovery
- **ANAEROBIC:** 5-20 seconds of work followed by 2-3 minutes of recovery.
- **CADENCE:** 80-110 RPM on the flats and 60-80 RPM on hills.
- **FREQUENCY:** 5-10% of total training time should be spent in the IEZ (approximately one training session per week).

Remember, you should spend at least two months training in the Endurance EZ to build an effective aerobic base (foundation). Aerobic base building is critical in developing improvements in the heart and lungs and also in developing the body’s ability to store and transport fuel and produce energy. Neglect this foundation and you will lack stamina for the more intense training demands required during the Interval Energy Zone.

CHARACTERISTICS AND BENEFITS OF THE INTERVAL ENERGY ZONE

Interval training can increase aerobic and anaerobic capacity. By repeatedly exposing active muscles to high-intensity exercise, you improve their resistance to fatigue. As a result, riders will be able to sustain a given exercise intensity for a longer period of time, increasing their endurance.

Six different variables can be used to create an interval training session (intensity, time, number of sets and reps, duration of the recovery period, type of activity during recovery period and frequency of training per week). With so many possible combinations of these variables, the potential to vary your training is unlimited.

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

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