



TRAINING TIPS

YOUR TARGET HEART RATE RANGE

You have probably heard your Spinning® instructor talk about Energy Zones™ and target heart rate ranges. Heart rate is important to monitor because it's related to exercise intensity. When you exercise, you want your heart rate (measured in beats per minute) to be at a level that's safe and effective. If it's too low, you may not get the cardiorespiratory training you want. If it's too high, you may not burn fat as effectively as you could, or you might exercise at an unsafe intensity. Use these simple formulas to determine your target heart rate ranges for each Energy Zone.

STEP ONE: ESTIMATE YOUR MAXIMUM HEART RATE

Maximum Heart Rate (MHR) is the maximum number of times the heart can beat in one minute. This heart rate is so fast that it would be unsafe attempt to reach it during exercise, but you use that number to determine your target heart rates. A common method for estimating MHR is the age-predicted method.

208 – (0.70 x Age)

Example for a 30-year-old rider:

$$208 - (0.70 \times 30) = 187$$

His age-predicted MHR is 187 BPM

STEP TWO: FIND YOUR TARGET HEART RATE RANGES

Your target heart rate ranges are based on percentages of your MHR. So simply multiply your MHR by the corresponding percentages for each Energy Zone.

ENERGY ZONE™	RANGE	CALCULATE LOW END OF RANGE	CALCULATE HIGH END OF RANGE
Recovery	50 - 65% of MHR	MHR x .50 = _____	MHR x .65 = _____
Endurance	65 - 75% of MHR	MHR x .65 = _____	MHR x .75 = _____
Strength	75 - 85% of MHR	MHR x .75 = _____	MHR x .85 = _____
Interval	65 - 92%* of MHR	MHR x .65 = _____	MHR x .92 = _____
Race Day	80 - 92%* of MHR	MHR x .80 = _____	MHR x .92 = _____

*Conditioned riders may reach "max effort" intensity, which may be above 92%.

For the most effective workouts, use a heart rate monitor to help you exercise within your target heart rate ranges.

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

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