

SPINNING®



→ Training Tips

HIGH INTENSITY TRAINING IN THE SPINNING® PROGRAM

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.

→ Using a heart rate monitor is the best way to make sure you're exercising in the right heart rate zones. To shop for a variety of models, visit spinning.com.



What is High Intensity Training?

High Intensity Training is exercising at the upper end or beyond the aerobic training zones. In the Spinning program, it can take many forms, from short sprints to long, hard intervals.

Why Do I Need High Intensity Training?

You may not. Not everyone does. If you're participating in the Spinning program strictly for basic health and fitness benefits, you don't ever have to engage in high intensity training if you don't want to. However, if you're in excellent health, and have no medical reasons to prevent you from intense workouts, properly executed high intensity training is the pathway to improving your cardiovascular fitness level. It's also useful for people with limited time available for exercise. If you do not have a lot of time to train, you can overcome this (to an extent) by increasing your exercise intensity. Because you have less training time, you effectively have more recovery time and so may be able to tolerate a heavier training load.

Before You Begin

Before you take your rides to a higher intensity (beyond your aerobic heart rate zone) be sure to spend several weeks exercising only aerobically to build fitness and prepare your body to take on a heavier training load. This is called base-building. Moderate exercise enhances immune system function and helps to build the overall strength of your immune system. This helps get you ready for higher intensity exercise, which suppresses immune function somewhat. By starting out with a stronger immune system (and listening to your body during training) you can avoid catching every illness that comes through town.

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