



# TRAINING TIPS

## AEROBIC BASE BUILDING

The first step to reaching your fitness goals is creating a base of aerobic fitness, a process known as aerobic base building. Aerobic refers to the energy created in the presence of oxygen, and base building refers to building a base from which you can later advance. To build an aerobic base, you must exercise in the aerobic range, gradually adding more duration to adapt to the training effectively. A strong aerobic base will enable your body to better adapt to and benefit from anaerobic training when it is introduced.

You should commit to an aerobic base building period for 8-12 weeks when you are just beginning an exercise program, returning after a break from training, or recovering from an injury or overtraining. The longer the lapse in exercise, the longer the base building period should be. During this time your workouts should be completely aerobic, without any anaerobic exercise.

Aerobic base building workouts should be done at approximately 65–80% of maximum heart rate (MHR) so that the intensity does not cross over into the anaerobic range. Using a heart rate monitor is critical because it provides immediate, continuous feedback. You can shop for heart rate monitors at [www.spinning.com](http://www.spinning.com).

To calculate your aerobic heart rate range, you can use the age-predicted formula to estimate your maximum heart rate: **MHR = 208 – (0.70 x Age)**

### EXAMPLE:


If you are 30-years-old, your estimated max heart rate is 187 BPM. From there, multiply 187 x 65% and 80% to get a range of 122 to 150 BPM.

### BENEFITS OF AEROBIC EXERCISE

- Increased resistance to fatigue
- Toned muscles and increased lean body mass
- Decreased tension and improved sleep
- Increased general stamina
- Improved mood and reduced depression and anxiety
- Increased number and size of blood capillaries
- Increased cardiac output

**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 Official 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.