

SPINNING®



→ Training Tips

STRENGTH ENERGY ZONE™

The Strength Energy Zone (SEZ) is an integral part of the five Energy Zones (Recovery, Endurance, Strength, Interval and Race Day) that make up the Spinning® program. This Energy Zone builds your muscular strength, endurance and cardiovascular systems. The SEZ trains the ligaments and tendons of the legs to handle high-intensity training and improves power and climbing ability.



SEZ CLASS GUIDELINES:

Heart Rate: Program your heart rate monitor for 75%–85% of max heart rate.

Resistance: Constant resistance (moderate to heavy load) on the legs during the work portion of the class. You will be on a hill for the entire work portion of the SEZ class.

Cadence: Keep your revolutions per minute between 60–80. Perform a cadence check to determine your leg speed.

Frequency: Depending on your goals, you must first build an aerobic base before you participate in an SEZ class. Performing an SEZ class too early in your training can lead to injury. Aim for no more than two strength classes per week to experience this Energy Zone.

CHARACTERISTICS AND BENEFITS OF THE STRENGTH ENERGY ZONE:

The SEZ straddles both the aerobic and anaerobic system in the body, so you have options when you train in this Energy Zone. When riding in the lower half of the SEZ (75%–80%) you are in your aerobic zone, which develops your fat-burning system, strengthens the immune system and creates more energy-producing sites in your muscles.

In the upper half of the SEZ (80%–85%) you are training in an anaerobic zone, which challenges your body's ability to tolerate lactic acid and pace over time. You can use the entire zone of 75%–85% when riding in this class and gain the mental and physical benefits of both aerobic and anaerobic training.

From a mental training standpoint, the SEZ helps you understand how to relax and focus during a challenging workout. You will learn how to turn adversity (the hill or lactic acid build-up) into an opportunity (overcoming obstacles or lactate tolerance). Your psychological intensity will increase as you push through increased intensities and changes in workloads. As you overcome the challenge of climbing the hill, your self-confidence will increase.

Recovery is critical after an SEZ class due to the constant resistance and the muscular soreness that is created. We recommend you take 48–72 hours between SEZ classes. Just like training in the weight room, the body needs time to adapt to the form of training stress that is applied to the muscles.

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