



Hit the Switchbacks

Presented by Luciana Marcial-Vincion, M.A.

luciana@spinning.com

Friday, May 30, 2008 9:00 AM–10:30 AM

Objectives

- Discuss importance of monitoring intensity in a Spinning® class
- Review methods of monitoring intensity
- Determining training zones: maximum heart rate vs. lactate threshold
- Participate in a high intensity ride utilizing switchbacks

Why Monitor Intensity?

- Assist students in fine-tuning their goals
- Avoid injury, overtraining or under-training
- Facilitates increased awareness of mind/body connection

How to Monitor Intensity

- Taking your pulse manually
- Rating of perceived exertion
- Heart rate monitor
- Age-predicted formula
- Karvonen formula
- VO₂MAX and sub-max testing
- Lactate threshold testing

Maximum Heart Rate vs. Lactate Threshold

- Definitions
- Appropriate populations
- Pros/cons of MHR
- Pros/cons of LT as a marker
- Why lactate and power are important
- Physiological importance of improving lactate buffering system—EFFICENCY and POWER!

Using Lactate Threshold to Guide Your Training

**Please remember to submit a session evaluation.
Your feedback is important to us!**