



Intelligent Intervals

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Advanced Interval Training That Will Transform Your Spinning Classes

Session Objective: The goal of this workshop is to enhance the participants' knowledge about the purpose and nature of interval training, and how to use different interval formulas across the Spinning Energy Zones™. This will help instructors gear their classes toward students aiming to increase weight loss, enhance fitness and improve overall performance. We'll also look at the aspects of the Tremblay study, which showed that shorter duration high-intensity interval training resulted in greater fat loss than longer duration lower-intensity endurance training.

The Basic Variables of Interval Training:

- Frequency: how many Spinning classes per week?
- Duration: length of Spinning workout
- Intensity: heart rate and Borg's Rating of Perceived Exertion

Beyond the Basics:

It is the nature of the human body to adapt to stimuli, especially when presented with the same stimuli repeatedly over a period of time. It is one of our jobs as instructors/coaches to counter adaptation by designing workouts that vary the variables of cardiovascular training.

Frequency

Most participants have family and work responsibilities that limit the number of classes taken per week. How many classes one needs to see improvement in overall fitness and performance varies widely based on the individual. Several studies have documented that higher-intensity interval training reduces the total amount of training time needed for results.

Duration

How long should intervals last? How long should recoveries last? How many intervals should be done in a workout session? Let's take a look at several different models based on the experts:

- Sally Edwards
- Chris Carmichael
- Joe Friel
- Herman Falsetti

Intensity

The Age Predicted Heart Rate formula has certain benefits, but also several limitations that interfere with an instructor's ability to design Intelligent Intervals. Let's take a look at some different formulas with more practical application for group fitness.

- Karvonen Formula
- Rate of Perceived Exertion
- VO₂MAX
- Lactate Threshold
- Other

Once defined, you can incorporate high-, moderate- and low-intensity intervals into the Spinning Energy Zones.

The Principle of Specificity

Doing an activity (like Spinning/cycling) can develop elite cardio fitness in that activity. Unfortunately, those skills won't necessarily transfer over to other activities. Think of Lance Armstrong suffering his way through the New York City Marathon; after he finished he said it was harder than doing the Tour de France! 26 miles, 3 hrs vs. 2,200 miles, 3 weeks. You do the math. This underscores the importance of aerobically training different muscles via cross-training.

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