



FEBRUARY 2012 RIDE PROFILES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
PROFILES: E = ENDURANCE I = INTERVAL S = STRENGTH / = SPLIT 60 min. Ride = 75 minute Ride			1 6 am E PB 9 am Core Tour DP 5:30 pm E DD	2 Groundhog Day 7:30 am E/S EO 1230 pm E SJ 6 pm E/S DH	3 6 am I LB 9 am 60 second Challenge JB	4 8a Flat Finesse SW 9:15 am Loops JK
5 9:30 am Strength & Length DD 3:30 pm E/S GB	6 6 am S KG 9 am S ER 5:30 pm E/S LB	7 Hammer time 7:30 am HT TA 12:30 pm HT ER 5:00p Teen Spin EO 6 pm HT DH	8 6 am I PB 9 am E/S DP 5:30 pm Loops SJ	9 7:30 am S SJ 12:30 pm S JK 6 pm Loops DH	10 6 am Road Trip LB 9 am Core Tour JB	11 8a Switchbacks SJ 9:15 am Cadence Ladders KG
12 9:30 am I EO 3:30 pm I SJ	13 6 am E/S KG 9 am Road Trip ER 5:30 pm E LB	14 7:30 am I TA 12:30 pm I ER 5:00p Teen Spin EO 6 p Cupids Course SJ	15 6 am S PB 9 am E/I DP 5:30 pm E/I DD	16 7:30a Core Tour SJ 12:30p Core Tour JK 6 pm Core Tour DH	17 6 am I LB 9 am Fusion JB 5:30pm Happy Hour Spin SJ	18 8 am Road Trip LB 9:15 am 60 Second Challenge SW
19 Hammer time 9:30 am HT GB 3:30 pm HT RF	20 Pres. Day 6 am E SJ 9 am I ER 5:30 pm Loops LB	21 7:30m Road Trip TA 12:30 pm S ER 5:00p Teen Spin EO 6 pm 60 second Challenge DH	22 6 am Core Tour PB 9 am E DP 5:30 pm E/S SJ	23 7:30 am S JK 12:30 pm E SJ 6 pm Road Trip DH	24 6 am S LB 9 am E/I JB	25 8 a Hill Repeats LB 9:15 am I SJ 10:30 am Intro to Spin SJ
26 9:30a Switchbacks EO 3:30 pm S RF	27 6 am I KG 9 am Fusion ER 5:30 pm S LB	28 7:30 am E/I TA 12:30 pm E/I ER 5:00p Teen Spin EO 6 pm E/I DH	29 6 am E/S PB 9 am Fusion DP 5:30p Switchbacks SJ		DP = Debbie P DD = Dawn DH = Desi EO = Erin ER = Ellie GH = Greta JB = Jeanine	JK = Joanie KG = Karen LB = Liz PB = Pam RF = Rebecca SJ = Simone SW = Stephanie TA = Terri

Instructors subject to change – Check wipe off board for weekly updates



SPINNING®
February 2012!

~Quote of the Month~

After your first day of cycling, one dream is inevitable. A memory of motion lingers in the muscles of your legs, and round and round they seem to go. You ride through Dreamland on wonderful dream bicycles that change and grow.

~ H.G. Wells ~ The Wheels of Chance

Save the Date

A Journey to Make a Difference
benefiting
The Cystic Fibrosis Foundation
Saturday, March 3rd 8am-12 noon

- **60 Second Recovery Challenge** – This interval training ride uses 3:1 work to rest ratios. Each interval is performed at a higher heart rate, affording the same amount of recovery time between efforts. The goal is to recover by 10 heartbeats before beginning the next effort.
- **Core Tour** - 45-minute Spin® followed by 15 minutes of core exercises to target trunk strengthening, a critical element for riding as well as all other activities. The focus will be on strengthening abdominals and low back including enhancing mobility and trunk rotation!
- **Hammer Time** is big gear flat time trial drills to build muscular strength and power on the flats. This 60 minute ride includes an extended warm-up followed by a flat in a challenging gear that's slightly harder than you'd use for a time trial (or a race day) and hammer it out! Recover for 8 – 10 minutes spinning a super light gear at a high cadence and repeat.
- **Intro to Spin** is a comprehensive intro and review of bike set-up, safety, hand and body positions. Learn the fundamentals of Spinning - the original indoor cycling program with cornerstones of road cycling, heart rate monitoring and sports

psychology...the elements of progress and success all begin with one pedal stroke.

- **Loops** – You guessed it, round and round, repeat it, only better each time! We identify the challenge and how many times - you get to perfect it focusing on different objectives.
- **Road Trip** – the goal is to build and maintain aerobic base training while also developing mental stamina. The intensity is below threshold with more emphasis on economy, technique, willpower and determination using cadence and resistance changes but controlling breath and heart rate.
- **Strength & Length** – bring your climbing legs for a 40 minute strength ride followed by 20 minutes of cycling specific postures to stretch it all back out again – great blend!
- **Teen Spin®** – 45 minutes of Spinning for a great cardiovascular workout for the teen. Enjoy the energizing music and leave with an adrenaline pumped up feeling!
- **Flat Finesse** is where it all begins! Flat roads, aerobic effort, improving pedal stroke and efficiency with some cadence and resistance changes.
- **Fusion** a KICKIN' interval class! The goal is half aerobic intervals and half anaerobic intervals...yes, it will be difficult to chat! What's next? Get more bang for your buck by working those muscle groups not completely engaged during spinning! It's all in the Pedal Pit and done in 60 minutes!
- **Switchbacks** – yes indeed, nothing but steep hills requiring power (i.e. strength plus speed) and persistence plus aspirations to change your body and your mind followed by a day of rest to rebuild.
- **Cadence Ladders** – all speeds are not created equally! Improve your skills at all rhythms, not just your favorite tempo. All riders have a threshold, get better there and unleash more power and potential!
- **Hill Repeats** -These three repeating hills will challenge the muscular and cardiovascular strength of any rider. During each hill the rider will have to fight their way up by performing Sprints on a Hill!

**Spinning®...The original
indoor cycling program**

