



student handout

SPINNING®

INTERVAL ENERGY ZONE™

If you want to take your training and conditioning to the next level, the Interval Energy Zone is an excellent way to get there.

One of five Energy Zones, (Recovery, Endurance, Strength, Interval and Race Day), the IEZ is an integral part of any training program. Interval training—abruptly increasing and decreasing the heart rate by manipulating the intensity of the activity—is beneficial for anyone looking for a way to enhance fitness, and overall health.

Interval Energy Zone Parameters

The guidelines that riders will follow in an IEZ class are:

Heart Rate: There are three types of common intervals. Each one improves a specific energy system and relates to a certain heart rate range.

Aerobic Intervals: performed at 50-80% of max heart rate (MHR)

Aerobic/Anaerobic Intervals: performed at 65-92% of MHR

Anaerobic Intervals: Intensity is "all-out." No heart rate parameters are given because the duration of the interval is so short that the heart rate monitor cannot accurately reflect the actual work intensity. However, it's important to monitor the recovery portion of this intense interval by dropping your heart rate in two to five minutes.

Work-to-Rest Ratios:

Aerobic = 4-15 minutes of work effort followed by 15-30 seconds of recovery

Aerobic/Anaerobic = 30 seconds to 10 minutes of work effort followed by an equal amount of recovery

Anaerobic = 5-20 sec. of work followed by two to five minutes of recovery

Cadence: 80-110 rpm in the flats and 60-80 rpm in the hills

Frequency: 5-10% of total training time should be spent in the IEZ (approx. once a week).



Remember, you should spend at least two months training in the Endurance EZ to build an effective aerobic base (foundation). Aerobic base building is critical in developing improvements in the heart and lungs and also in developing the body's ability to store and transport fuel and produce energy.

Neglect this foundation and you will lack stamina for the more intense training demands required during the Interval Energy Zone.

Characteristics and Benefits of the Interval Energy Zone

Interval training can increase aerobic and anaerobic capacity. By repeatedly exposing active muscles to high-intensity exercise, you improve their resistance to fatigue. As a result, riders will be able to sustain a given exercise

intensity for a longer period of time, increasing their endurance.

Five different variables can be used to create an interval training session (intensity and time, number of sets and reps, duration of the recovery period, type of activity during recovery period, and frequency of training per week). With so many possible combinations of these variables, the potential to vary your training is nearly unlimited.

For more information, visit www.spinning.com.