



RACE DAY ENERGY ZONE™

The Race Day Energy Zone (RD) is a celebration, an opportunity to apply the consistent Energy Zone (EZ) training you've been practicing in the studio to a peak performance effort.

This means that you should take every measure to ensure that you are both physically and mentally ready. As part of an overall training plan, Race Day rides can help you effectively measure and quantify your goals, track progress and get the results you want.

Race Day Energy Zone Parameters

Heart Rate: 80-92% of MHR

Resistance: Resistance can range from intense climbs to challenging flats. The key to remember is that the rider who pushes the biggest gear with an aggressive leg speed (80-110 rpm) is the rider who will clock the fastest time. You will not clock the fastest time, burn the most calories, become stronger as an athlete or sculpt and define your leg muscles by using low resistance and turning the flywheel as fast as you can. The bottom line: resistance training first, speed later.

Cadence: 80-110 rpm (Perform a cadence check to determine leg speed.)

Frequency: Race Day can be used as a monthly test to determine whether your training plan is making you more fit. It will allow you to have a better understanding of your HR potential and create a wider paradigm for training.

Characteristics and Benefits of the Race Day Energy Zone

- Race Day training challenges your body to work at high heart rates, close to and above anaerobic threshold (AT). Anaerobic threshold (also known as lactate threshold) marks the point where lactate accumulates in the bloodstream faster than it can be removed. Purposefully taking your body to this point—and beyond—forces it to adapt to greater concentrations of lactic acid, which will dramatically improve your AT.

- Race Day training improves neuromuscular coordination (brain-to-muscle pathways).

Race Day training sessions rely heavily on these pathways and as a result, the entire musculoskeletal system learns to move faster. These training sessions engage the muscle fibers and train them to go faster, to have more available energy and to recover more quickly after exhausting training.



A race is not a place to work on weaknesses, however there is much to learn from each racing experience. Participation in each Race Day session will help you gauge your progress, realize your potential and highlight any weaknesses in your training plan.

For more information, visit www.spinning.com.