

# SPINeRVALS™

The **Original** Indoor Cycling Workout Series



## Spinervals Competition 13.0 – Tough Love

Produced in 2003

**Description:** Spinervals 13.0 - Tough Love is an aerobic endurance workout (Zone 2-3) of around 3 hours in duration. The intent is to develop the aerobic energy system as well as muscular endurance. Proper fueling and hydration is critical to success. This workout is ideally suited to the long distance cyclist or triathlete who has a need to increase power output over longer distances. Furthermore, this session works well to reduce overall bodyfat levels and can be used at all stages of the annual training cycle. For more information and to purchase the actual workout video, visit [www.spinervals.com](http://www.spinervals.com).

Workout Set	Description of Workout Set	Coach's Notes	
Warm Up	Rest gear (Sm & 15) and soft pedal 5-10 min.	Spinervals 13.0 will challenge athletes of all abilities due to it's long duration and difficult aerobic endurance focus. I recommend that athletes tackle this session who already have a solid aerobic foundation of riding under their belt and intermediate to advanced riding experience overall. You'll cover 50-60 miles and a comparable road ride might have you in the saddle for 3.5 - 4 hrs. Pace yourself throughout the workout, hydrate well, fuel properly and you'll take your fitness to the next level.	
3 x 30 sec. Hard/30 sec. Easy	Big ring & 15 cog @ 100 rpms (hard). Small ring & 15 cog slower rpms (easy).		
2 Minute Rest	Soft pedal in small ring and 15 cog for 2 min.		
3 x 10 min. @ 2 min. Rest	Big ring & 15 cog 1 min. (odd reps), small ring & 15 cog 1 min. (even reps), 2 min. rest. Big ring & 13 cog 1 min. seated (odd reps), 1 min. standing (even reps), 2 min. rest. Big ring & 15 cog 1 min. (odd reps), small ring & 15 cog 1 min. (even reps), 2 min. rest.		
2 Minute Rest	Soft pedal in small ring and 15 cog for 2 min.		
30 min. Tempo	Each rep. 1 min. riding below lactate threshold @ 60-120 rpms:  Small ring & 15 cog, big ring & 15 cog, stand, small ring & 15 cog, small ring & 21 cog, stand, small ring & 21 cog, big ring & 21 cog, big ring & 15 cog, Big ring & 14 cog, Big ring & 13 cog, stand, big ring & 13 cog, stand, big ring & 12 cog, stand, big ring & 11 cog, stand, small ring & 15 cog, stand, small ring & 16 cog, small ring & 17 cog, Small ring & 19 cog, stand, small ring & 15 cog, big ring & 15 cog, stand, big ring & 15 cog, big ring & 14 cog, stand.		
2 Minute Rest	Soft pedal in small ring and 15 cog for 2 min.		
5 x 6 min. @ 1 min. Rest	Seated 1 min., standing 1 min. for 6 min. @ 1 min. rest Big ring & 23 cog, 1 min. rest, big ring & 21 cog, 1 min. rest. Big ring & 19 cog, 1 min. rest, big ring & 17 cog, 1 min. rest. Big ring & 16 cog, 1 min. rest, big ring & 17 cog, 1 min. rest.		
3 Minute Rest	Rest, re-fuel, re-fill water bottles, & bathroom break.		<b>Resistance Level Key:</b>
2 x 10 min. @ 1 min. Rest	Big ring & 15 cog 1 min., small ring & 15 cog 1 min. Alternate for 10 min. Big ring & 13 cog 1 min., small ring & 13 cog 1 min. Alternate for 10 min.		Gearing vs. SPIN Bike (1 very easy - 5 very hard)
1 Minute Rest	Soft pedal in small ring and 15 cog for 1 min.		Small Ring x 15-23t cog   Level 1-2 Big Ring x 18-23t cog   Level 2-3
20 min. Steady State	1 min. increments:  big ring & 15 cog, small ring & 15 cog, big ring & 15 cog, stand, big ring & 14 cog, stand, big ring & 13 cog, big ring & 12 cog, stand, small ring & 15 cog, small ring & 16 cog, small ring & 17 cog, stand, small ring & 17 cog, small ring & 15 cog big ring & 15 cog, stand, big ring & 14 cog, stand, big ring & 13 cog, stand.		Big Ring x 15t cog   Level 3 Big Ring x 13t cog   Level 4 Big Ring x 11-12t cog   Level 5
1 Minute Rest	Soft pedal in small ring and 15 cog for 1 min.		
5 x 3 min. @ 30 sec. Rest	3 min. reps. w/30 sec. rest: Big ring & 23 cog, big ring & 21 cog, big ring & 19 cog, big ring & 17 cog, big ring & 16 cog.		
Cool Down	Remain in rest gear (Sm & 15) and soft pedal 5-10 min.		