

SPINeRVALS™

The **Original** Indoor Cycling Workout Series



Spinervals Competition 18.0 – Aero Base Builder III Produced in 2004

Duration: 70 Minutes

Intensity: 7.5

Description: Aerobic base training sessions such as those found in the Spinervals Aero Base Builder series set the foundation for your endurance training program. Coaches and athletes know that building your aerobic engine is key to success. This workout targets your aerobic energy system (Zone 2) and creates the opportunity for building greater speed and overall endurance for race day. Learn more about this and other workouts or purchase the video of this workout session online at www.spinervals.com.

Workout Set	Description of Workout Set	Coach's Notes
Warm Up	Rest gear (Sm & 15) and soft pedal 5-10 min.	Discipline is important when it comes to aerobic base training. First of all, know your zones. Either go to a lab setting to get tested or perform a field test as described in Spinervals 27.0. Then, maintain your focus and stay within the proper intensity zones while working on your form and technique. Good luck.
3 x 30 sec. Hard @ 30 sec. Easy	Bg ring x 15t cog (hard effort, warm up) and then rest for 30 sec. (Sm ring x 15t cog). Repeat 3 times.	
1 Minute Rest	Soft pedal in small ring and 15 cog for 1 min.	
20 min. Set - Steady Aerobic (Z2) Effort	This set is to be done in your race position, on the aerobars or on the drops. Maintain a steady cadence, 80-100 rpms. Bg ring x 15t cog for 2 minutes, Bg ring x 14t cog for 2 min., Sm ring x 15t cog for 6 min., Sm ring x 17t cog for 7 min., Bg ring x 15t cog for 2 min., Bg ring x 13t cog for 1 min.	
1 Minute Rest	Soft pedal in small ring and 15 cog for 1 min.	
15 Min. Set - Steady Aerobic (Z2) Effort	This set is to be done in your race position, on the aerobars or on the drops. Maintain a steady cadence, 80-100 rpms. Bg ring x 15t cog for 2 minutes, Bg ring x 14t cog for 2 min., Sm ring x 15t cog for 5 min., Sm ring x 17t cog for 3 min., Bg ring x 15t cog for 2 min., Bg ring x 13t cog for 1 min.	
1 Minute Rest	Soft pedal in small ring and 15 cog for 1 min.	
10 Min. Set - Steady Aerobic (Z2) Effort	This set is to be done in your race position, on the aerobars or on the drops. Maintain a steady cadence, 80-100 rpms. Bg ring x 15t cog for 2 minutes, Bg ring x 14t cog for 2 min., Sm ring x 15t cog for 2 min., Sm ring x 17t cog for 2 min., Bg ring x 15t cog for 1 min., Bg ring x 13t cog for 1 min.	
1 Minute Rest	Soft pedal in small ring and 15 cog for 1 min.	
5 Min. Set - Steady Aerobic (Z2) Effort	Ride in your race position. Stand for 5 sec. every 30 sec. Bg ring x 13t cog for 1 min., Bg ring x 15t cog for 2 min., Bg ring x 23t cog for 2 min.	
Cool Down	Remain in rest gear (Sm & 15) and soft pedal 5-10 min.	

Resistance Level Key:

Gearing vs. SPIN Bike
(1 very easy - 5 very hard)

Small Ring x 15-23t cog | Level 1-2
Big Ring x 18-23t cog | Level 2-3
Big Ring x 15t cog | Level 3
Big Ring x 13t cog | Level 4
Big Ring x 11-12t cog | Level 5