

SPINeRVALS™

The **Original** Indoor Cycling Workout Series



Spinervals Competition 26.0 – Hard Core 100

Produced in 2006

Duration: 5+ Hours

Intensity: 9.8

Description: The title says it all... Hardcore. 5.5 hours or close to 100 miles on the trainer. It'll test your physical stamina, mental toughness and focus like nothing else! Make this workout a regular part of your training regimen and your aerobic engine will take on a few more cylinders and a turbo booster! This is the ultimate indoor cycling aerobic and muscular endurance building ride. Winners do it because they know it works. Do you? For the actual video of this workout on DVD or digital download, please visit www.spinervals.com.

Workout Set	Description of Workout Set	Coach's Notes
Warm Up	Rest gear (Sm & 15) and soft pedal for 5-10 min. / 90-100 rpms.	This Spinervals is more of an event than a workout. You'll start it before dawn and finish after lunch time. Long distance cyclists and triathletes will love it as it tests your pacing and nutrition/hydration strategies like nothing else. The goal is to reach 100 miles, but most people won't. Stay within yourself (i.e. Zones 2 and 3) and ride at your pace so that you can finish almost as strong as when you started. It's important to note that this workout session is progressive in nature... meaning that the last hour is the most intense of the entire session! Be prepared to question your motivation for doing this... but be ready to reap the incredible rewards of finishing. And remember, if you quit before the workout is through, someone will come to your house and let the air out of your tires. Good luck!
3 x 30 sec. Hard 30 sec. Easy	Bg ring x 15t cog / 80-90 rpms. (hard). Sm ring x 15t cog / 90-100 rpms. (easy).	
6 x 10 min. @ 1 min. Rest	Sm ring x 15t cog for 2 min. / 90-100 rpms. Bg ring x 21t cog for 2 min. / 85-95 rpms. Sm ring x 15t cog for 2 min. / 90-100 rpms. Bg ring x 21t cog for 2 min. / 85-95 rpms. Sm ring x 15t cog for 2 min. / 90-100 rpms. Rest 1 min. Repeat 5 more times.	
2 Minute Rest	Soft pedal in sm ring x 15t cog for 2 min. / 80-90 rpms.	
2 x 6 min. @ 1 min. Rest	Sm ring x 15t cog for 90 sec. / 90-100 rpms. Bg ring x 15t cog for 90 sec. / 80-90 rpms. Sm ring x 15t cog for 90 sec. / 90-100 rpms. Bg ring x 15t cog for 90 sec. / 80-90 rpms. Rest 1 min. Repeat 1 more time.	
3 Minute Break		
8 x 6 min. Steady Effort	Bg ring x 23t cog for 1 min. / 90 rpms. Bg ring x 21t cog for 1 min. / 85-95 rpms. Bg ring x 19t cog for 1 min. / 85-95 rpms. Bg ring x 17t cog for 1 min. / 85-95 rpms. Bg ring x 15t cog for 1 min. / 80-90 rpms. Bg ring x 14t cog for 1 min. / 80-90 rpms. Rest 1 min. Repeat 7 more times.	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
3 Minute Break		
12 x 4 min. Steady Effort @ 1 min. Rest	Sm ring x 15t cog for 1 min. / 90 rpms. / 90-100 rpms. Bg ring x 15t cog for 1 min. / 80-90 rpms. Sm ring x 15t cog for 1 min. / 90 rpms. / 90-100 rpms. Bg ring x 15t cog for 1 min. / 80-90 rpms. Rest 1 min. Repeat 11 more times.	

(Workout continues on next page.)

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3 Minute Break		
10 x 3 min. @ 1 min. Rest	Sm ring x 15t cog for 1 min. / 90-100 rpms. Bg ring x 15t cog for 1 min. standing / 80-90 rpms. Sm ring x 15t cog for 1 min. seated / 90-100 rpms. Rest 1 min. Repeat 9 more times.	
1 Minute Rest	Soft pedal in sm ring x 15t cog for 1 min. / 90-100 rpms.	
4 x 3 min. @ 1 min. Rest	Bg ring x 21t cog for 30 sec. / 85-95 rpms. Sm ring x 21t cog for 30 sec. / 90-100 rpms. Bg ring x 15t cog for 30 sec. / 80-90 rpms. Sm ring x 15t cog for 30 sec. / 90-100 rpms. Bg ring x 12t cog for 30 sec. / 75-85 rpms. Sm ring x 15t cog for 30 sec. / 90-100 rpms. Rest 1 min. Repeat 3 more times.	
1 Minute Rest	Soft pedal in sm ring x 15t cog for 1 min. / 90-100 rpms.	Resistance Level Key:
5 x 1 min. Hard Tempo @ 1 min. Rest	Choose your poison. Each minute, choose your favorite gear and focus on working hard and driving your HR close to LT! Rest easy between sets with your sm ring x 15 and soft pedal. Work this set hard and finish the workout strong!	Gearing vs. SPIN Bike (1 very easy - 5 very hard)
1 Minute Rest	Soft pedal in sm ring x 15t cog for 1 min. / 90-100 rpms.	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
3 x 30 sec. Sprint @ 1 min. Rest	Bg ring x 15t cog for 30 sec. super hard sprint. / 80-90 rpms. Rest 1 min. Repeat 2 more times.	Big Ring x 13t cog Level 4 Big Ring x 11-12t cog Level 5
Cool Down	Remain in rest gear (Sm & 15) and soft pedal for 5-10 min. / 90-100 rpms.	