

SPINeRVALS™

The **Original** Indoor Cycling Workout Series



Spinervals Competition 33.0 – The Pain Cave Produced in 2009

Duration: 50 Minutes

Intensity: 9.8

Description: This interval session hits on a variety of skill-sets and energy systems. It's a fairly high intensity session, so caution should be exercised in terms of warming up well and scheduling this session to make sure you recover properly from it. 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 5-10 min. | Training can be fun and this workout focuses on leg speed and 'snap' in the legs while also providing for some threshold development. Go hard and have fun with this type of session! |
| 3x 30 sec. Hard 30 sec. Rest | Bg ring x 15t cog (hard effort) then soft pedal for 30 sec. easy. Repeat 3 times to warm up. | |
| 2 Minute Rest | Soft pedal in small ring and 15 cog for 2 min. | |
| 10 x 20 sec. Fast @ 10 sec. Rest | Sm ring x 15t cog (fast!, 110+ rpms) for 10 sec. then soft pedal for 10 sec. easy. Snap!! Repeat 10 times. | |
| 3 Minute Rest | Soft pedal in small ring and 15 cog for 3 min. | |
| 6 x 90 sec. threshold intervals @ 30 sec. rest | Bg ring x 15t cog (80-85 rpms, Zone 4) for 90 sec. then soft pedal for 30 sec. Repeat six times. | |
| 3 Minute Rest | Soft pedal in small ring and 15 cog for 3 min. | Resistance Level Key: |
| 5 min. Progressive Tempo, Zone 4 | Bg ring x 17t cog, 85-95 rpms then soft pedal for 1 min. Bg ring x 15t cog, 85-95 rpms, then soft pedal for 1 min. Bg ring x 14t cog, 80-90 rpms, then soft pedal for 1 min. Bg ring x 13t cog, 80-90 rpms, then soft pedal for 1 min. Bg ring x 12t cog, 75-85 rpms, then rest. | 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 Rest | Soft pedal in small ring and 15 cog for 3 min. | |
| 3 x 15 sec. Tempo/Recovery/Sprint @ 1 min. Rest | Big ring and 15 cog @ 90-110 rpms (tempo) for 15 sec. Big ring and 12 cog @ 60-70 rpms (recover) for 15 sec. Big ring and 12 cog @ 90-110 rpms (standing sprint) for 15 sec. Rest 1 min. then repeat 2 times. | |
| Cool Down | Remain in rest gear (Sm & 15) and soft pedal 5-10 min. | |