

## COOP GYM SANTÉ SUTTON

### A practical guide to spinning

#### Warm-up

- 1) Open up Zoom 10 minutes before the class begins. The link is provided to those who have registered.
- 2) You must manage your own music.
- 3) At the beginning of each class the instructor will explain the workout and answer questions.
- 4) When the teacher determines that the warm-up period is over, the participants must turn off their microphone for the entire class and play their own music, if desired. The participants will only hear their music plus the teacher's instructions.
- 5) Spin classes are offered to both beginners and experts. To be safe a minimum of physical fitness is required.
- 6) At the beginning of the year and a few times during the session, the instructor will explain how to calibrate the stationary bike to your fitness level. This process allows you to follow the one-hour classes according to your physical condition and equipment used.
- 7) For newcomers it is especially important to connect to Zoom 10 minutes before the start of the class allowing time to calibrate your bike and warm up.
- 8) A spinning bike or a fixed bike base can be used.
- 9) Spinning workouts are for cyclists wishing to maintain or improve their fitness during the off-season and they are also equally beneficial to all those wishing to maintain or improve their cardio.
- 10) It is recommended to have a bottle of water on hand to hydrate during classes, breaks are provided for this purpose.

#### Workout:

- 11) Registered participants who provide their email address will receive the workout by 4 p.m. the day prior.
- 12) The one-hour workout programs are described as follows:
  - R: resistance**, this is the level of effort
  - Resistance is calibrated from level 1 to 5 but during class we almost exclusively use levels 2, 3 and 4.
  - The resistance levels are then divided into 3 sub-levels: 2.1 - 2.2 - 2.3, and so on for levels 3 and 4.

-These levels are determined at the beginning of the session thanks to the simple protocol administered by the teacher.

-Your level of resistance will evolve during the year as you get fitter.

**Cad: Cadence** means the speed at which you make your pedals rotate.

-Many bikes or training systems give the cadence on their dashboard or phone. If this data is not available to you, you just have to follow the instructor cadence (pace) it is quite intuitive and a difference of + or - 5 cadence does not affect your training.

-Your cadence can vary between a minimum of 50 and a maximum 120 but is normally between 60 and 95.

**T: time**, which is the duration of the effort

-You don't have to worry about managing time, the instructor reminds you of this throughout the workout.

-On the other hand, the Time available data allows you to manage your effort according to the length of the interval (T) proposed.

-We will talk about short intervals (30 seconds to 90 seconds), medium intervals (2 to 3 minutes), long intervals (3 minutes and up) depending on the type of training proposed.

-The time (T), combined with the resistance (R), allows you to create sessions that improve resistance or endurance.

**+ or -:** For increasing or decreasing resistance.

-All workouts are structured to modulate effort over the hour, creating active effort-recovery cycles beneficial for fitness and cardio improvement.

**Cumulative:** From zero to 60 minutes

-Allows the user to visualize the effort in the time continuum and thus manage their effort.

-The objective is to be able to complete the hour of training.

-The user can manage his or her own effort by decreasing or increasing the resistance level during the workout, with a little practice everyone can do this and adapt each session to his or her level.

The program is a guide that can be adapted by each user.

**Recovery:** Recovery Period

-Spinning classes are divided in 2 or 3 or 4 distinct parts.

-Between these parts there are recovery periods.

Does all this sound complicated? Well it isn't, you will catch on pretty easily!  
Happy spinning!

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