



SCHWINN FITNESS

Schwinn® Cycling: HIIT It!

High Intensity Interval Training is all the rage, and it continues to grow in popularity across all workout platforms. But is this type of training really more effective than other types? And what are the best ways to execute this approach in your cycling classes? Learn the science and, more importantly, the psychology of high intensity interval training, and experience new ways to deliver, measure, recover and repeat high-intensity intervals to your riders that produce results and keep them coming back for more!

1. HIIT Protocol, Premise, Promise, Perception, Precautions & Potential

A. Protocol:

- Research focused on cardiovascular training
- 2:1 (maximum effort: easy effort)
- Many variation possibilities; not all have been studied or compared

B. Premise:

- Improved performance and similar or greater health benefits
- Increased and/or similar fat burning and calorie burning
- Shorter workout sessions

C. Promise:

- No more steady-state endurance training required?
- Burn calories without losing muscle?
- Excess Post-exercise Oxygen Consumption?

D. Perception

- Recently discovered magic formula
- Scientific protocol with best in class delivery options
- Tough, and only for the super fit

E. Precautions:

- Cardiovascular
- Biomechanical
- Environmental & Mechanical

F. Potential:

- Stages of increased efficiency in traditional cycling class formats
- Once-in-a-while workouts for variety, change of pace and plateau-busting
- Alternative express classes for the beginners, bored, busy and the body builders

2. HIT Options

A. Warm-Up Surges:

- Summary
- Science
- Secret
- Safety

B. Custom Recovery (Team):

- Summary
- Science
- Secret
- Safety

C. Custom Recovery (Solo):

- Summary
- Science
- Secret
- Safety

D. Little-Inspired:

- Summary
- Science
- Secret
- Safety

E. High End Endurance Surges:

- Summary
- Science
- Secret
- Safety

F. Fartlek

- Summary
- Science
- Secret
- Safety

G. Tabata-Inspired

- Summary
- Science
- Secret
- Safety

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Stage	Music	Terrain/Technique	RPM	Intensity	Elapsed Time	Total Time	MPower™ Coaching	Dimensional Cueing	Mind/Body
1	Such Great Heights – The Postal Service	Combo Flat	≈80 - 90	Easy/ Medium	N/A	4:26	Observation: Easy to Medium MPH/Wattage Observation: Total Stage Distance		Association
2	Fruit Machine – The Ting Tings	Seated Flat	≈80	Easy	0:00 – 0:23	2:53	Goal: Wattage Repeat; Team Custom Recovery		Association
		Sprint	≈90	Anaerobic	0:23 – 0:53				
		Seated Flat	≈80	Easy	0:53 – 1:22				
		Sprint	≈90	Anaerobic	1:22 – 1:52				
		Seated Flat	≈80	Easy	1:52 – 2:22				
		Sprint	≈90	Anaerobic	2:22 – 2:53				
	Night Life – Scissor Sisters	Seated Flat	≈80	Easy	:30 – No music	3:37			
		Sprint	≈90	Anaerobic	0:00 – 0:37				
		Seated Flat	≈80	Easy	0:37 – 1:07				
		Sprint	≈90	Anaerobic	1:07 – 1:37				
		Seated Flat	≈80	Easy	1:37 – 2:07				
		Sprint	≈90	Anaerobic	2:07 – 2:37				
Seated Flat	≈80	Easy	2:37 – 3:05						
Sprint	≈90	Anaerobic	3:05 – 3:37						
3	A Matter of Time – Foo Fighters	Seated Flat	≈80	Easy	N/A	4:36			Dissociation
4	Like She'll Always Be – Jimmy Eat World	Sprint	≈90	Anaerobic	:30	3:05	Goal: Wattage Repeat; Solo Custom Recovery		Association
		Seated Flat	≈80	Easy	?				
		Sprint	≈90	Anaerobic	:30				
		Seated Flat	≈80	Easy	?				
	How Far We've Come – Matchbox Twenty	Sprint	≈90	Anaerobic	:30	3:31			
		Seated Flat	≈80	Easy	?				
Sprint	≈90	Anaerobic	:30						
5	In For the Kill – La Roux	Seated Flat	≈80	Easy	N/A	4:09			Dissociation
6	Rolling in the Deep (House Remix) – Pierre Cardin & Adele	Combo Hill	≈65	Hard	0:00 – 2:30	6:38	Goal: Do Not Drop Below Hard Wattage		Association/ Dissociation
			≈75	Anaerobic	2:30 – 3:00				
			≈65	Hard	3:00 – 4:00				
			≈75	Anaerobic	4:00 – 5:00				
			≈75	Hard	5:00 – 6:05				
			≈75	Anaerobic	6:05 – 6:38				
7	Acapella – Kelis	Seated Flat	≈80	Easy/ Medium	N/A	4:08			Dissociation
8	Gimmie Dat – Ciara	Rider Choice	60-90	Anaerobic/ Easy	:20/:10 for duration of song	4:11	Challenge: Wattage Repeat		Association