



**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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## www.helenvanderburg.com

| Stage / Total Time | Music  | RPM/ Terrain / Technique |             | Intensity / Elapsed Time |      |      | Mpower/ Dimensional Cueing  | Mind/ Body   |
|--------------------|--|--------------------------|-------------|--------------------------|------|------|---|--|
| WU<br>7:30         | Let it Be<br>(Cycle Power Remix)   | 70-80                    | Seated Flat | Easy                     | 0:00 | 3:00 | Observe:<br>Easy to Medium MPH and Wattage  | Associative: Observe your energy and determine what you are prepared to give to your workout today.                      |
|                    |  |                          |             | Easy to Moderate         | 3:00 | 7:30 |   |  |
| Stage 1<br>12:00   | When love takes over<br>David Guetta Remix(6:00)<br><br>The Ride<br>YES Music Cycle Pack(6:00)   | 70-80                    | Combo Hill  | Moderate to Hard         | 0:00 | 3:00 | Observe:<br>Wattage and distance in first 3 minutes<br>Goal:<br>Wattage repeat<br>Team custom recovery.   | Associative: Observe your wattage on each interval and take note of your rpms and resistance to get the highest wattage. |
|                    |  |                          |             | Hard to Threshold        | 3:00 | 6:00 |   |  |
|                    |  | 100/90                   | Seated Flat | Anaerobic                | 0:00 | 0:30 |   |  |
|                    |  |                          |             | Moderate                 | 0:30 | 1:00 |   |  |
| Recovery<br>3:20   | Moves like Jagger<br>Maroon 5  | 70-80                    | Seated Flat | Easy/Moderate            | 0:00 | 3:20 | Recover from your first HIIT.<br>Observe:<br>When you can reset base wattage from the warm up   | Associative: Bring your heart and breath rate down to easy work.   |
| Stage 2<br>12:00   | Claro Que Si<br>YES Cycle Pack (3:00)<br><br>Don't Stop<br>FP Music 16 (6:00)  | 70-80                    | Combo Flat  | Moderate to Hard         | 0:00 | 3:00 | Use the first 3 minutes to increase your intensity toward threshold.<br>Goal:<br>Observe total distance on first anaerobic interval<br>Challenge:<br>Match or beat the distance of the first push | Associative: Find a wattage you can hold for 2:00 minutes followed by increasing your wattage number on each 1:00 push.  |
|                    |  |                          |             | Hard to very Hard        | 0:00 | 2:00 |   |  |
|                    |  | 100/90                   | Seated Flat | Anaerobic                | 2:00 | 3:00 |   |  |
| Recovery<br>4:00   | I like Chopin<br>YES cycle pack  | 70-80                    | Seated Flat | Moderate                 | 0:00 | 1:00 | Observe:<br>At moderate what is you wattage in comparison to your first recovery  | Associative: Bring your heart and breath rate down to easy work.   |
| Stage 3<br>12:00   | Only Girl<br>Rihanna (4:00)<br><br>Barbara Streisand<br>Duck Sauce Mixdown 2011 (4:00)<br><br>Pour a little sugar<br>YES Cycle Pack (4:00) | 80-90                    | Seated Flat | Moderate to Hard         | 0:00 | 4:00 | Bring your intensity back up to hard work but doable.<br>Observe:<br>Set a wattage you can hold for the duration of this song<br>Challenge:<br>Wattage Repeats                                    | Association: challenge your mind and body beyond what you think you can do.  |
|                    |  |                          |             | Moderate to Hard         | 0:00 | 4:00 |   |  |
|                    |  | 100/90                   | Sprint      | Anaerobic                | 0:00 | 0:20 |   |  |
| CD<br>4:00         | Complicated  | n/a                      | Seated Hill | Easy                     | 0:00 | 4:00 | Recovery<br>Congratulate yourself for HITTING IT!   |  |

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