

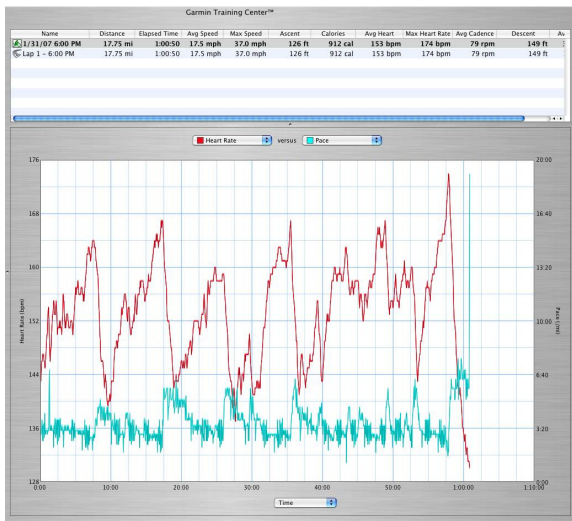
How to Have a Blast!



When people come in to a Blast Class for the first time, they have lots of questions. Hopefully, this little piece of paper will answer most, if not all of those questions for you. Please remember – if you still have questions, please ask them.

First, here is what we do not want to happen. We do not want you to work too hard, hurt yourself, waste your time or never come back. We want you to work efficiently, improve your pedal dynamic (spin) and build your fitness. By design, we have built a program that can accomplish those goals – but only if you apply the principles that are the basis of the program. So, here we go:

A Bikin' Blast Class is an INTERVAL TRAINING program that uses songs to determine the time length of the interval sets. So, each song is a new set of intervals. Interval training relies upon periods of work followed by rest/recovery periods, causing changes in heart rate and respiration during the workout. Proper involvement in an interval training session will generate heart rates that go up and down during the session.



In a Bikin' Blast Class, we use music to determine the work and recovery sections, with changes in leg speed the determining factor. The idea is to develop your pedal dynamic (spin) while increasing and decreasing the workload.

As a result, we are more concerned that you “spin” the pedals, not “push” the pedals. For best results, concentrate on leg speed, not resistance load.

We have 3 basic types of intervals: Cruise, Climb and Kick & Run. In each of these intervals, the idea is to start in a selected gear combination that allows you to work without strain. As the leg speed increases, you should remain in the same gear combination as your heart rate drifts upward. Decrease the gearing only if your heart rate goes too high – and if that happens, do not change the gearing back to the higher setting during that song.

Here is a sampling of leg speeds and interval types:

Cruises will generally start at 85rpm – advancing up to 100rpm. In the lower leg speeds your heart rate should be in Zone 2 or Zone 3.

Climbs will generally start at 35rpm and may advance all the way to 90rpm. Heart rates should be in Zones 2 and 3.

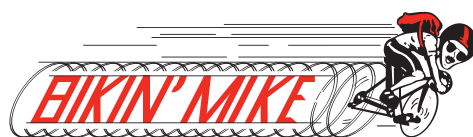
Kick and Runs can start as low as 85rpm, but will spend more time in the 100 to 115 range. In these sections, you will experience heart rates in Zones 3 and 4, touching on or spending time in Zone 5.

We use two types of recovery in our Bikin’ Blast Classes, active and passive. In passive recovery, we offer you a break. Take the time to slow your pedaling way down in order to allow your heart rate to drop. Get some water and rearrange yourself in the saddle, then get ready to go back to work. In active recovery, we ask that you continue to spin the pedals at a specific leg speed.

The more you ride with us the more comfortable you will become with both the gear selection and the leg speed emphasis. The longer you train with us, the more cardiac conditioning you will experience. Your resting heart rate should drop. Your heart rate should take longer to go up as the work begins and it should drop faster when you decrease the workload.

If you find that you are having difficulty sleeping after a class, your resting heart rate increases or you are constantly fatigued, you are probably training too hard. Decrease the trainer setting to see if that helps.

Many people think that they must FEEL like they are working, so they push “too much” gear. Aerobic exercise works best when you DO NOT use the full strength potential of the muscles.



www.bikinmike.com