



The Vicious Cycle

The Vicious Cycle:

Created by: Kathy Palkaninec - ALL ABOUT ME FITNESS

Training Type: High Intensity training sequenced with Aerobic training on the spinning bike to provide an Ultimate Fat Burn and After Burn.

Working HR Zones: Zones 3, 4 and 5

Total Class length: 60 minutes

Objectives and Interests:

This ride was created after researching metabolic conditioning sequence and how to burn stubborn body fat. I found the Ultimate Cardio Sequence by Shaun Hadsall. His explanation and sequence based on science inspired my “vicious cycle”. The name of the game is Intensity first. The protocol of this ride is based on the following: Once the heart rate is elevated in the warm up, the training goes into the “fight or flight” mode with short intense bursts over and over.

The Catecholamine’s are the hormones released by the adrenal glands in response to stress. Being part of the sympathetic nervous system they force the release of **free fatty acids** into the blood stream. These short bursts will create the famous “**after burn**” that can potentially increase metabolic rate up to 48 hours after exercise. Science has proven that free fatty acids do pour into the bloodstream after such high intensity training.

However, research shows that these fatty acids if not removed from the blood stream will move to another place in the body and again re-store as fat.

Shaun’s explanation on how taking the body into an Aerobic state for at least 20 minutes after stirring up the free fatty acids was backed by science and something I could concretely give to my clients.

In order to relate this to clients the following would be a chart of intensity followed by my program design:

Intensity Levels perceived or Heart rate based:

Level 1 = warm up or recovery slow pace- Heart rate Zone 1

Level 2= Medium intensity – Heart rate Zone 2

Level 3 = High Medium intensity – Heart rate Zone 3

Level 4= High intensity- Heart rate Zone 4

Level 5= Hard core (short burst) – Heart rate Zone 5.

Indoor Cycle Instructor PROfile

Program design

Warm up: 5 minutes Intensity 1-2-3

Bursts and Recoveries: 15 minutes intensity on burst 5 recovery will be short with intensity levels or heart rate zones being 2 or 3.

Chill full recovery: 5 minutes intensity level 1 to 0. Just light pedal.

Steady Aerobic Conditioning: 20 min no recovery time level 2/3/4

Advanced Finisher: 10 minutes: longer intervals with longer recovery. 45 to 1 minute intervals with equal recovery to kick in the “after burn” that steady cardio might have leveled off. Intensity and heart rate levels on intervals would be a 4/5 and recovery a 2.

Cool Down/Stretch: 5 minutes.

During the work efforts I encourage a moderate to heavy headwind in the saddle and heavy to very heavy when in the climbing positions out of the saddle in order to push the heart rate into higher intensity zones quicker.

Pre-Class Preparation:

If you teach in a studio setting where the riders are your steady clientele and specifically come to you for class this is a great profile to shake them up once or twice a week. In a gym setting you may get more of a mixed group but either way recognize new spinners to your class and talk to them as they are setting up to find out their experience with spinning. This is an advanced profile but your responsibility as an instructor is to encourage all levels of fitness to do their best.

Getting things Started:

About 5 minutes prior to starting class, make sure everyone is set up and getting in the groove with the bike they are on. I start to give the class format when I see that most of my clients are on the bike or at least in the room and setting things up. Once the class is started late arrivals can disrupt the flow if they are new so encourage everyone to be on time but realize you may need to deal with late arrivals.

The studio I work in has class descriptions online when they book. My description to my class would be presented like this: We will have a dynamic faster paced warm up to get your heart rate up aerobically in the first 5 minutes of class. From there we go into short max effort bursts with short varied recovery. The burst and recovery are between 10 and 30 seconds for 15 minutes. This will be followed by a 5 full minute recovery allowing for the release of fat releasing hormones into the blood. The next 20 minutes will be steady Aerobic training without recovery to burn off the fatty acids released into the blood.

To kick in the “after burn” and once again boost metabolism we finish with 10 minutes of interval training. we will be working longer intervals and longer recovery from 45 seconds to 1 minute. Cool down and stretch to end the class.

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Warm –Up: 4:00 minutes

Song 1- It's Time by Imagine Dragon 4:00

In this class the warm up will move at a little more aggressive pace. About 1 minute or so in the saddle and then working in tempo in and out of the saddle to get the heart rate or intensity level to a 2 and 3 zone.

Short Powerful Bursts: 15 minutes

Song 2/3/4/5- What I've done by linkin park 3:30; Breath by Breaking Benjamin 3:38; My Body by young the giant 4:04; Sick by Adelitas Way 3:12; Anything by Third Eye Blind 2:00.

Adding heavy resistance for the first burst 30 second burst with 30 second recovery. The intervals and recovery can be varied however you want keeping the burst short and the recovery time short. Remember the object of the 15 minutes is to trigger "fight or flight" response.

As the instructor you will need to be their motivation. Some of the following verbiage I incorporate is as follows:

"these next 15 minutes will be tough, stay focused"

"get uncomfortable for a few seconds"

"tap into the power that lies within you and work so hard as if someone you love is in danger and you are the only one to get there fast enough "

"you will have only short recovery times try to re-group as quickly as possible"

"the body is amazing ...the mind sometimes gets in the way. Do your best and your reward will be 5 minutes of full recovery"

Full Recovery- 5:00 minutes

Songs 6/7 – 11:59 by BulletProof Messenger 1:36; Watch Yourself by Kyven 3:44

All riders take Full recovery for the next 5 minutes with easy pedaling in the saddle. Intensity level 1 to 0 and heart rate zone 1 . the intensity of the last 15 minutes now is dumping into the blood stream and to remove the free fatty acids we go to the next stage of steady aerobic conditioning for 20 minutes.

Steady Aerobic Conditioning- 20:00 minutes

Songs 8/9/10/11/12- One more night by Maroon 5 3:39; Alive by Adelitas Way 3:47; I'm not Alright by Shinedown 3:07; Crazy by Royal Bliss 3:39.

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Steady Aerobic Conditioning with intensity levels 3 and heart rate zone 3 for 20 minutes with no recovery. This segment will use combinations of hill, flats and tempo drills to keep heart rate in this aerobic zone to allow the body to burn off the free fatty acids in the blood from resettling. Keep reminding riders to stay aerobic working at a level 3 intensity and heart rate zone.

Advanced Finisher- 10 minutes

Songs 13/14/15- Get thru this by Art of Dying 2:41; Get out Alive by Three Days Grace 4:22; Let it Die by Foo Fighters 4:04

This last segment of intervals will be longer in duration as well as the recovery times. Intensity and heart rate zones will be level 4 or 5 with 45 to 1 minute intervals and recovery. Steady Aerobic conditioning can kill the “after burn” effect of the high intensity work we started with. This finisher will help kick back in the “after burn” and elevate metabolism after class is over.

Cool down and Stretch- 5 minutes

Songs 16/17- Hall of Fame by the Script 3:22; Rest of my Life by Unwritten Law 2:42.

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THE VISIOUS CYCLE QUICK PROFILE

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WORKING HR ZONES: Zones 3, 4, and 5

TOTAL CLASS LENGTH: 60 minutes

Warm up 4/5 minutes

1 or 2 minutes in the saddle with light resistance then adding in more resistance and working out of the saddle to bring the heart rate up to heart rate and intensity zone 2/3.

Short Metabolic blasts 15 minutes. Examples and can be varied

Heavy resistance- 10 sec work/30 recovery; 20 sec work/30 recovery; 30 sec work /30 recovery

Very Heavy resistance – 20 work/ 30 recovery; x3

Strong headwind saddle work- 30 work /30 recovery x3

Heavy resistance-20 work/30 recovery x3

Light to moderate headwind in saddle- 10 work / 20 recover x2 20 work/10 recovery x 2

Full Recovery for 5 minutes.

Chill, talk and reflect on how hard you worked in the past 15 minutes.

Steady Aerobic Conditioning for 20 minutes

Intensity level about 3 for the entire time. combinations of hills, tempo, seated and light terrain with no recovery time.

Advanced Finisher- 10 minutes

This final segment of Intervals will be longer in duration as well as your recovery time. the purpose is to once again kick start your metabolism and gain the benefit of the “after burn”

Cool Down/Stretch- 5minutes.