

Understanding the 40-Minute Ride

The 40-minute ride is the foundation of the Spinning® program. If you've ever wondered how this came to be, the reason is simple: Spinning is more than just a workout—it's a comprehensive training program comprised of training sessions, designed to fit into a periodization schedule. Each session has a specific purpose and is carefully designed and timed to energize, challenge and empower students to achieve their health and fitness goals in 40 minutes.

A training session has direction, purpose and heart rate guidelines... always individually paced and conducted under guidelines relevant to the goals and framework you have established. – Johnny G

From a facility's standpoint, the 40-minute format has typically proved to be the most manageable and workable class time. It gets students in and out of the gym fast, fits seamlessly into a club schedule and allows just enough time for bike set up and cleanup after class. Longer class times often cause backups, forcing instructors to cut class short or shave time off a much-needed cool down, compromising students' experience and above all, safety.

By limiting weekday classes to 40 minutes, the Spinning program allows students to stick to a consistent training plan, a periodization schedule of work and recovery, with long and/or intense rides on the weekends. Since each training session has a specific purpose: Recovery, Strength, Endurance, Intervals or Race Day, "as long as students are cognizant of their heart rate assignments" says Johnny, "they will never over-train and can reach any personal goal, whether it's weight loss, strength or endurance." Keeping classes to 40 minutes helps prevent overtraining, fatigue and keeps your students motivated and coming back.

The Johnny G Spinner® is a time trial bike. It's a race of truth. A profile starts and ends and yours—your time trial, is 40 minutes. If you're just working out, you're not going anywhere. If you vary your training with different profiles, you're developing a good base. –Johnny G

So why is a Spinning class 40 minutes instead of 20 or 30 minutes? From a physiological standpoint, 40 minutes is a realistic and manageable parameter for most enthusiasts. As we all know, Spinning can be intense exercise, burning over 500 calories during a 40-minute class. If you exercise aerobically for more than 40 minutes, you need to replenish nutrients and fluids to maintain sustained energy and prevent dehydration.

According to the American College of Sports Medicine (ACSM), 20-30 minutes of exercise, three times per week will help most achieve cardiovascular fitness. The ACSM Guidelines for Exercise Testing and Prescription, 6th Ed. states, "...exercising at 70-85% HR max or 60-80% HRR (heart rate reserve) for 20-30 minutes, excluding time spent warming up and cooling down, enables most individuals to achieve health, fitness, and weight management goals." Each 40-minute training session, inclusive of the warm-up and cool-down, fits nicely into these parameters.



Once your students have a solid fitness base, they may want to participate in a weekend specialty ride or overdistance training (back-to-back classes) to enhance their training. To create a longer class format, first map out the ride, decide on your goals and objectives and create an engaging theme, e.g. a multi-staged event like the Tour. Educate your students how to train effectively using heart rate monitors and teach them how to control the intensity of their ride to reap maximum benefits from endurance training.

Spinning® Instructor News, February 2004, Volume 8, Issue 1

For more information,
visit www.spinning.com.

