

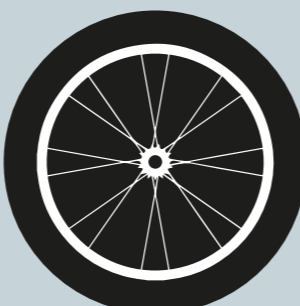


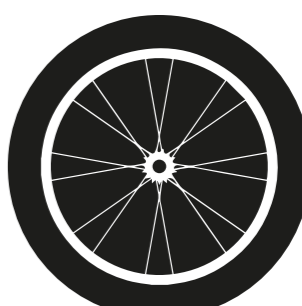


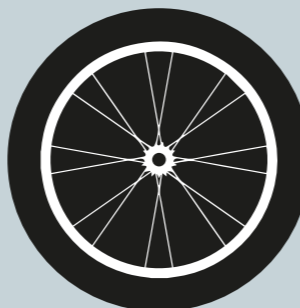


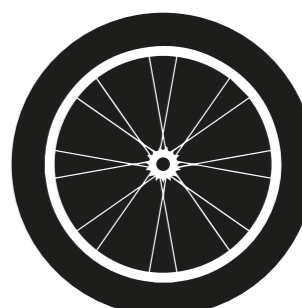


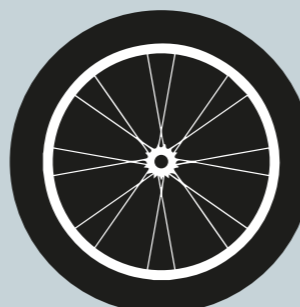








Group cycling periodisation - March to April

Spring term timetable 2017

Tuesday 7.30pm to 8.15pm	Wednesday 8am to 8.30am	Wednesday 6pm to 6.45pm	Thursday 12.15pm to 1pm	Friday 6.30pm to 7.15pm	Sunday 10.30am to 11.15am
 March 21 Darius	 March 22 Oli	 March 22 Olivia	 March 23 Mike	 March 24 Laetitia	 March 26 Laetitia
 March 28 Darius	 March 29 Oli	 March 29 Olivia	 March 30 Mike	 March 31 Laetitia	 April 2 Laetitia
 April 4 Darius	 April 5 Laetitia	 April 5 Olivia	 April 6 Mike	 April 7 Laetitia	End of term - no class
 Endurance 65% to 75% MHR <ul style="list-style-type: none"> Steady state training Helps build a base level of fitness Great for beginners Introducing the core principles of spinning 	 Strength 75% to 85% MHR <ul style="list-style-type: none"> Increased resistance - riding and positional changes Builds cardiovascular and leg strength Hill climbing simulation 	 Intervals 65% to 92% MHR <ul style="list-style-type: none"> Bouts of high intensity riding followed by recovery intervals Increase your metabolic efficiency at burning calories Improve aerobic and anaerobic fitness 	 Freestyle cycle <ul style="list-style-type: none"> Varied group cycling including sprints, climbs and recovery Perfect for any fitness enthusiast Offering a different workout to the spinning format 	Vacation fitness and dance classes Don't forget to pick up a vacation timetable leaflet from the Sports Centre or Pavilion reception. The vacation timetable starts Monday 10 April.	