## Group cycling periodisation - November to December
### Autumn term timetable 2018

<table>
<thead>
<tr>
<th>Monday 1.15pm to 1.45pm</th>
<th>Tuesday 7.30pm to 8.15pm</th>
<th>Wednesday 8am to 8.30am</th>
<th>Wednesday 5.30pm to 6.15pm</th>
<th>Friday 4.45pm to 5.15pm</th>
<th>Sunday 12pm to 12.45pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 26 Ben</td>
<td>November 27 Mike</td>
<td>November 28 Oli</td>
<td>November 28 Olivia</td>
<td>November 30 Mike</td>
<td>December 2 Laetitia</td>
</tr>
<tr>
<td>December 3 Ben</td>
<td>December 4 Mike</td>
<td>December 5 Oli</td>
<td>December 5 Olivia</td>
<td>December 7 Mike</td>
<td>December 9 Laetitia</td>
</tr>
<tr>
<td>December 10 Ben</td>
<td>December 11 Mike</td>
<td>December 12 Oli</td>
<td>December 12 Olivia</td>
<td>December 14 Mike</td>
<td>End of term No class</td>
</tr>
</tbody>
</table>

**Heart rate**

To calculate your MHR (Maximum Heart Rate), subtract your age from 220bpm (beats per minute).

**30-minute express classes**

**Endurance** 65% to 75% MHR
- Steady state training
- Helps build a base level of fitness
- Great for beginners
- Introducing core spinning principles

**Strength** 75% to 85% MHR
- Increased resistance - riding and positional changes
- Builds cardiovascular and leg strength
- Hill climbing simulation

**Intervals** 65% to 92% MHR
- Bouts of high intensity riding followed by recovery intervals
- Increase your metabolic efficiency
- Improve aerobic and anaerobic fitness

**Freestyle cycle**
- Varied group cycling including sprints, climbs and recovery
- Perfect for any fitness enthusiast
- Offering a different workout

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