Group cycling periodisation - November
Autumn term timetable 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Wednesday</th>
<th>Friday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.15pm to 1.45pm</td>
<td>7.30pm to 8.15pm</td>
<td>8am to 8.30am</td>
<td>5.30pm to 6.15pm</td>
<td>4.45pm to 5.15pm</td>
<td>12pm to 12.45pm</td>
</tr>
<tr>
<td>November 5</td>
<td>November 6</td>
<td>November 7</td>
<td>November 7</td>
<td>November 9</td>
<td>November 11</td>
</tr>
<tr>
<td>Ben</td>
<td>Mike</td>
<td>Oli</td>
<td>Olivia</td>
<td>Sarah</td>
<td>Laetitia</td>
</tr>
<tr>
<td>November 12</td>
<td>November 13</td>
<td>November 14</td>
<td>November 14</td>
<td>November 16</td>
<td>November 18</td>
</tr>
<tr>
<td>Ben</td>
<td>Mike</td>
<td>Oli</td>
<td>Olivia</td>
<td>Mike</td>
<td>Laetitia</td>
</tr>
<tr>
<td>November 19</td>
<td>November 20</td>
<td>November 21</td>
<td>November 21</td>
<td>November 23</td>
<td>November 25</td>
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<tr>
<td>Ben</td>
<td>Mike</td>
<td>Oli</td>
<td>Olivia</td>
<td>Team</td>
<td>Laetitia</td>
</tr>
</tbody>
</table>

30-minute express classes

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

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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