# Group cycling periodisation - February

## Spring term timetable 2019

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Wednesday</th>
<th>Wednesday</th>
<th>Friday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.30pm to 8.15pm</td>
<td>8am to 8.30am</td>
<td>12.15pm to 12.45pm</td>
<td>5.30pm to 6.15pm</td>
<td>4.45pm to 5.15pm</td>
<td>12pm to 12.45pm</td>
</tr>
<tr>
<td>February 5 Mike</td>
<td>February 6 Oli</td>
<td>February 6 Laetitia</td>
<td>February 6 Sarah</td>
<td>February 8 Sarah</td>
<td>February 10 Laetitia</td>
</tr>
<tr>
<td>February 12 Mike</td>
<td>February 13 Oli</td>
<td>February 13 Laetitia</td>
<td>February 13 Sarah</td>
<td>February 15 Sarah</td>
<td>February 17 Laetitia</td>
</tr>
<tr>
<td>February 19 Mike</td>
<td>February 20 Oli</td>
<td>February 20 Laetitia</td>
<td>February 20 Sarah</td>
<td>February 22 Sarah</td>
<td>February 24 Laetitia</td>
</tr>
</tbody>
</table>

**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

---

kent.ac.uk/sports  

UniKentSports