# Group cycling periodisation - March to April

Spring term timetable 2019

<table>
<thead>
<tr>
<th></th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td></td>
<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>
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<tr>
<td>March 19</td>
<td>Mike</td>
<td>March 20</td>
<td>Oli</td>
<td>March 20</td>
<td>Team</td>
<td>March 20</td>
<td>Sarah</td>
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<tr>
<td>March 26</td>
<td>Mike</td>
<td>March 27</td>
<td>Oli</td>
<td>March 27</td>
<td>Laetitia</td>
<td>March 27</td>
<td>Sarah</td>
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<tr>
<td>April 2</td>
<td>Mike</td>
<td>April 3</td>
<td>Oli</td>
<td>April 3</td>
<td>Laetitia</td>
<td>April 3</td>
<td>Sarah</td>
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**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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To calculate your MHR (Maximum Heart Rate), subtract your age from 220bpm (beats per minute).

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30-minute express classes