# Group cycling periodisation - March
## Spring term timetable 2019

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<td>27 Laetitia</td>
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<td>13 Sarah</td>
<td>15 Sarah</td>
<td>17 Laetitia</td>
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**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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30-minute express classes

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