



2009 - 2010 Spin Classes Training Program

Hello Velo – Vets!

I am excited to prepare the upcoming *Spin Class Season!* As you all know, winters evenings are often wet and dark in Vancouver. Not conducive to good on-the-road workout sessions on road bikes. My 1-hour spin class program will keep you fit throughout the winter months and get you race-ready for next year racing season!

The Keyser indoor bikes we are using at Bentall Athletic Club are some of the best bikes I have personally used.

- Magnetic load which offer very smooth resistance
- Monitor which displays: Heart rate – RPM & Wattage

The 22 weeks of indoor cycling (from Tuesday September 29th, 2009 to Thursday March 4th, 2010) training program will be divided in 2 parts:

1. September 29th to December 23rd - Transition Phase – Base Training
 - a. 70% of classes will be Moderate to Semi-Hard Intensity Training; build endurance and time on the bike will slowly increase metabolic adaptations
 - b. 20-30% of classes will be Higher intensity work to stimulate cardio-vascular adaptation
2. Tuesday January 5th to Thursday March 4th, Race Preparedness Training Phase
 - a. 30% Moderate to Semi-Hard Intensity Training to continue metabolic adaptations
 - b. 30% Mid intensity – on-bike strength work to stimulate overall power improvement
 - c. 40% Moderate to High Intensity training to stimulate VO2 max adaptations

The classes will be held every Tuesday – Thursday 7:30pm to 8:30pm

The classes will be held at Bentall Center Athletic Club:

Lower Plaza, 4 Bentall Centre

1055 Dunsmuir, Vancouver, BC V7X 1L3

Cost of the classes will be \$9/class and I would appreciate a pre-payment for the whole package of classes:

- **22 weeks – 44 classes = \$415.80 – tax included**

(Other payment arrangements can be made, so please let me know if the pre-payment is an issue)

Bentall Club has fully equipped locker rooms with individual lockers. Keys to the locker are given to you in exchange for an ID or sets of keys as deposit.

There is also a steam room available and the Center closes at 10pm. Therefore, there will be plenty of time to get cleaned up after the classes.

The bikes are presently equipped with MTB SPD's. If you want to use your own pedals, you will have to bring a tool to take the pedals off the bikes before the classes.

To ensure I will have a bike for you, I do recommend you to let me know A.S.A.P if you plan on attending!

Thank you and I look forward to see you on Tuesday September 29th!

P.S. I am quite flexible as to the amount of sessions or the days you will be able to make it to the classes. My main goal is to get as many people as I can to maintain and even gain cycling fitness throughout the winter months. Therefore, do contact me and as long as some bikes are free, everyone's WELCOME!