

SESSION # 4307

KEISER GROUP INDOOR CYCLING RUSH

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Overview: RUSH is ideal for the rider that wants to get the most out of their workout time in a session that is both over-the-top inspiring and interval training focused. This workshop takes interval training and delivers it in a way that is both challenging and empowering.

Benefits of Intensity Training

1. Increase RMR.
2. Improvements in VO2max.
3. Improvement in athletic performance (of well-trained athletes).
4. Improved health benefits in all.
5. Provides the benefits of continuous-endurance training but in fewer workouts.

Other Considerations

Work: Intensity, Duration and Frequency of the High Effort (5 seconds to 8 minutes)

Power training = 5-30 seconds

Endurance Training = 30 seconds-8 minutes

Recovery: The correct Recovery time based on Intensity

Either passive recovery (very little movement) to active recovery

Based on ratios (i.e. 1:3) and generally depend on energy system focus.

Types of Training

High Intensity Interval Training (HIT)

- Maximal sustained effort for 4 minutes with variable recovery (i.e. 6 sets, 4 minutes each, recovery from 1,2 or 4 minutes)

Moderate Intensity Steady State (MIR)

- Light to moderate exercise; restorative in nature (30 minutes – 1 hour)

Sprint Interval Training (SIT)

- Repeated all out efforts; 30 seconds with 4.5 minutes recovery (3-4 sets)

Tabata-style Interval Training

- 20 seconds of high intensity with 10 seconds of rest for 8 sets; 3 minutes of recovery between

(Source: Dr. Len Kravitz www.drlenkravitz.com)

Tabata's

Original Tabata: 20 seconds of intense work, followed by 10 seconds recovery x 8 sets. Total time: 4 minutes

Short Modified Tabata: 10 seconds of intense work, followed by 20 seconds recovery x 8 sets. Total time: 4 minutes.

Long Modified Tabata: 40 seconds of intense work, followed by 20 seconds of recovery for 4-6 sets. Total time: 4-6 minutes



Short Intervals

Short Interval Extreme: 30 seconds intense work followed by 15 seconds of recovery for 4 sets. Total time: 3 minutes.

Short Intervals Hard: 30 seconds of hard work followed by 30 seconds of recovery for 4-6 sets. Total time: 4-6 minutes.

Long Intervals

Long Intervals: 60 seconds to 3 minutes of intense work followed by a recovery time equal to work time of 1:1, 1:1½ or 1:2.

Interval Variations

Progressive Intervals: 3 sets of intervals increasing in intensity followed by recovery. Building on the intensity of each set, there is no rest between sets. Duration is 60 seconds x 3 sets, followed by a full recovery. The goal is to build an interval training base.

Pyramid Intervals: Increasing duration of intensity with equal recovery time, between works sets followed by active recovery. The goal is to prepare for more challenging intensities while keeping the heart rate elevated throughout the work sets.

Ladder Variation: Continuous add on to the work set; i.e. 15s-recover, 30s-recover, 45s-recover, 60s-recover, etc.

Planning the Program:

1. Take a real life approach to intensity training
 - a. Use the research as a guideline only; modify as needed
2. Ensure riders have a good cardio base (ability to complete 30 minutes of steady state cardio)
 - a. Determine an individuals current exercise status and fitness goals
 - b. Determine if there are any physical challenges that limit movements or intensity
 - c. Provide regression and progression options; teach to the majority and modify
3. Make sure every single workout isn't intensity based; too much of a good thing is never good
4. Create an overall fun ride; class flow, drill choices, and connection with the group all matter

Let's RIDE!