Indoor Cycling Notes

Bike Set Up:
* Saddle Height—Measure to navel or Ilium. Hips should not rock. 25-35% bend in knee.
* Good idea to wear padded shorts or bring a gel seat.
* Fore/Aft—Adjust to balance body weight between shoulders and seat. Raise bars for more comfort in back and shoulders.
* Sit bones in back of saddle. Rotate hips back. More power is produced when hips are over pedals.

Establishing Resistance:
* Always use resistance.
* Weighted flywheel—it takes a very long time to stop a moving flywheel.
* No bouncing in saddle—wasted energy, unproductive, no power.
* Each gear is enough of a turn to make a difference
* The key to success lies in the resistance knob. Pedaling at low resistance and high cadence produces a low power output.

Intensity level:
* Intensity level is determined by you.
* This is your ride. Don’t try to keep up with instructor or neighbor if your not feeling it. No peer pressure.
* RPE (rate of perceived exertion) 1-10—220-age for percentage
* Endurance Zone 65%-80%—Aerobic System, base building, fat burning. First two weeks of class we will work at aerobic threshold. Lower intensity workouts will burn more fat then glucose. Examples: walking, swimming
* Strength Zone 75%-85%—Muscle building, heart conditioning, buffering of lactic acid. (Lactic Threshold)
* Interval Zone 65%-92%—Strengthens anaerobic system, cardio strength, high calorie burn (anaerobic Threshold-ATP) Anaerobic activity is very stressful to the body if done too soon. Anaerobic activity is performed whenever you are working above your max aerobic H.R. Excess anaerobic activity decreases aerobic function so you’re burning more sugar then fat. Higher intensity workouts burn more overall calories, which can lead to more fat loss. Examples: Racing, weight lifting, H.I.I.T.

Law of Specificity—Or bodies respond to the type of training to which they are exposed. For example, endurance training will improve your aerobic fitness, but not your muscular strength. To get your body to adapt you have to Overload it or expose it to more work then it normally experiences. An adaptation that will occur is, your body will sweat sooner to regulate body temperature.
Establishing Fitness Base:
*Aerobic work establishes a good fitness base.
*The more work you preform aerobically, or in the presence of O2, the more efficient you are.
*Prolonged aerobic training produces muscular adaptation that improves O2 transportation to muscles.
*Reduces rate of lactate formation and improves lactate removal.
*Work is at 60-80% of VO2 max to develop Endurance capacity.

*F.I.T.T.
Frequency---How often—3-5 days/week to build aerobic base. Regular exercise provides more benefits and has a lower risk of muscularskelotal injury.
Intensity—How hard—2-3 days/week= higher intensity. 5 days lower int. Start out lower and build up. Mix it up. Cross train. One should not exceed 3 anaerobic workouts per week. High intensity training should be done after a good aerobic base has been established.
Time—How long—45-60 min. sessions for most effectiveness.
Type-- What kind—Do what you enjoy. Mix it up. Cardio, strength and flexibility.

Diet and Hydration:
Ratios: (Cho, Pro, Fat) 55,15,30
Carbs—The Body’s fuel supply
*primary source
*stored in the muscles
*Any excess will be stored as fat.
*Slow burn carbs are best to avoid peaks and troughs in energy levels. Low glycemic. Examples: Brown rice, whole grains, fruit, veggies, quinoa
*Too many sugary carbs can have a negative impact on recovery, energy levels and health. No green light for sugar even if you’re working out.
Protein—The building Source
*Adequate amounts will support health, immune function and recovery.
*Responsible for tissue maintenance
*Recovery will be diminished w/o enough protein.
*Helps keep apatite under control. More filling.
* Excess protein breaks down and is either excreted or converted into carbohydrates and stored.
Examples: Beans, meat, fish, dairy, seeds, some grains
Fats—
- “good fats” (Poly and Monounst.)—Omega 3, 6, (fish, avocado, olives)
- “Bad fats” (saturated and Hydrogenated) meats and processed foods
- Benefits of healthy fats: reduce inflammation (Asthma, allergies, arthritis)
- Stimulates metabolism assisting in weight loss.
- Reduces LDL cholesterol to assist in preventing heart disease.
- Aim for 20 g. a day

Water—
* Able to ride better when hydrated. Muscles need water
* Better energy levels. Cells need water.
* 1 ½ -2 liters/day plus what you lose in riding, OR 500-1000ml/hour, OR 40 oz./40 min. of exercise.
- Hydrate before, during and after exercise
- Sports drinks have added electrolytes, but they are high in sugar. Can cause stomach distress.
- Electrolytes are beneficial during prolonged exercise (over 2 hours).
- Water should be fine for up to 2 hours depending on heat and sweat. Add a little salt or liquid electrolytes. Coconut water is awesome.