TRINITY SPORT

4 WEEK VIRTUAL SPIN PROGRAMME

Trinity Sport
www.tcd.ie/sport
INTRO TO SPIN

Spin classes are as challenging as they are fun. Benefits of a class include weight loss, improved strength, and endurance. These benefits are enhanced when indoor cycling classes are combined with other cardio and resistance workouts, but you can easily use an indoor cycling class as your main workout. Our spin workouts typically last **30-40 mins**.

Indoor cycling classes are notoriously challenging, which means you’re likely to see results, especially if you commit to regular classes.

BENEFITS FOR YOUR BODY

**BUILDING STRENGTH**

In order to improve your strength plan on doing at least 150 minutes of cycling per week. You may see results after a few weeks of regular classes, but you’ll have to keep up with the classes in order to maintain the results.

**CARDIOVASCULAR BENEFITS**

Indoor cycling is a wonderful way to improve cardiovascular health. It's similar to other forms of cardio, such as running, swimming, and elliptical training. It’s ideal for people who want a cardio workout without putting too much stress on their joints.

**BURN CALORIES**

Indoor cycling classes are a great way to burn calories. Depending on the difficulty and duration of the class, you can burn 400 to 600 calories per class.
Indoor cycling is a **total-body workout** and works all of the major muscle groups. Here are **seven areas** you work and how you use them while you’re cycling:

**Core**
Use your core to stabilise your body throughout the class, which helps to achieve overall balance, especially when you’re standing.

**Upper body**
Use your upper body to support yourself on the bike. Some classes incorporate upper-body exercises using dumbbells or resistance bands.

**Back**
Maintain a strong, stable spine throughout the class, which will help to strengthen and tone your back muscles.

**Glutes**
Feel your glutes working with each pump, especially when you stand up from your seat, do an incline, or increase the resistance.

**Quadriceps**
Your quadriceps will be the main muscles used as you pedal and climb hills, leading to strong, toned legs.

**Hamstrings**
Cycling helps to strengthen and loosen your hamstrings, which lift the pedal up with each cycle and stabilise your joints.

**Lower legs**
You’ll work your calves with each cycle, which helps to protect your ankles and feet while cycling and during everyday activities.

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**Recommended workout structure based on fitness level**

- **Beginner** - Recommended to start with David’s two zoom spin classes per week.

- **Intermediate** - Recommended to do David’s two zoom spin classes plus one spin workout per week.

- **Advanced** - Recommended to do David’s two zoom spin classes plus two spin workouts per week.
*Please ensure to stay hydrated during training. If you feel dizzy and/or faint while on the bike slowly get off and sit down in a well ventilated area. Sip on water and focus on breathing.

PROGRAMMES

- Spin Programme 1
- Spin Programme 2
- Core Workout
- Cardio/Core Workout
SPIN PROGRAMME 1

WARM UP
- Seated cycling @90rpm Gear 10 - **30 seconds**
- Standing cycling @65rpm Gear 15 - **30 seconds**

5 rounds each, alternating exercises

MAIN SET
- Seated Intervals @100-110rpm Gear 14 - 40 second on/20 rest **x6**
- Standing Intervals @80rpm Gear 18 - 30 seconds on/30 rest **x6**
- Bike squats @60rpm Gear 15 - 20 seconds down/10 rest **x8**
- Heavy Seated Sprints @maxrpm Gear 17 - 15 seconds on/15 rest **x10**
- Seated Sprints:
  - 15 seconds on/15 rest @120rpm Gear 14 **x2**
  - 30 seconds on/30 rest @100rpm Gear 14 **x2**
  - 45 seconds on/45 rest @100rpm Gear 14 **x2**
  - 60 seconds on/60 rest @100rpm Gear 14 **x2**

COOL DOWN
- Seated Cycling @65rpm Gear 8 x **3 minutes**
- Stretch
SPIN PROGRAMME 2

WARM UP
- Seated cycling @90rpm Gear 10 - 30 seconds
- Standing cycling @65rpm Gear 15 - 30 seconds
5 rounds each, alternating exercises

MAIN SET
- Alternating Hill Climb @60-70rpm:
  - Gear 16 20 second standing/20 seated/20 rest x3
  - Gear 17 20 second standing/20 seated/20 rest x3
  - Gear 18 20 second standing/20 seated/20 rest x3
- Standing Sprints (elbows on handlebars) @75-80rpm Gear 17 40 second on/20 rest x4
- 4km Blast @maxrpm Gear 12-14 (distance is bottom right of bike screen) time yourself and beat it.
- Endurance on saddle @85-100rpm
  - 2 mins Gear 14
  - 1 min Gear 16
  - 30 secs Gear 18
  - 30 sec rest
  Repeat x2 (aim to complete this close to 100rpm)

COOL DOWN
- Seated Cycling @65rpm Gear 8 x 3 minutes
- Stretch
CORE WORKOUT

- Plank Taps
- Leg Raises
- Mountain Climbers
- Crunches
- Single Leg Glute Bridge
- Rest

30 Seconds each ×3
CARDIO/CORE WORKOUT

- Squat Jumps
- Sit-ups
  20 on/10 off x3

- Bear Crawls
- Toe Touches
  20 on/10 off x3

- 10m Sprints
- Hanging Knee Raise/Lying Leg Raise
  20 on/10 off x3
Ask the fitness team

askthefitnesssteam@tcd.ie

Our fitness team may not be in the gym but they are still here for you - ask them anything and they will get back to you!

Catriona  David  Mark
Garreth  Kyle  Darren  John