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

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 x3
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