

# SPINNING®



## → Training Tips

### PICKING A CYCLING SHOE

The right shoe makes a good Spinning® class great. Cycling shoes feature durable, breathable construction and hard soles that help your feet stable and secure on the pedals, promote good circulation and minimize strain to the balls of your feet. Best of all, these shoes feature pedal/shoe interface systems so you safely lock your feet to the bike pedals, facilitating a powerful, even, efficient pedal stroke. Cycling shoes are available in a variety of styles and price ranges, so whatever your needs, there's a shoe that fits.

#### BEFORE YOU BUY:

When shopping for a shoe for your Spinning class, do your homework—it will save you a lot of time and perhaps, money.

- » What type of pedal system is installed on the bikes where you ride? You'll need to buy shoes that clip in to the type of pedals your facility has.
- » Will you be using the shoe exclusively for Spinning class or for road or mountain biking as well?
- » What cycling shoes do other students and/or your instructor wear? Ask them how and why they chose their particular shoe.
- » How much money would you like to spend?

#### NECESSITIES

When shopping for a good cycling shoe for your Spinning class, whether it's a road or mountain shoe, you should always look for a stiff sole, good retaining system (how the shoes hold your foot in place) and stable, breathable, durable construction. Stiff soles boost your leverage on

the pedal and decrease foot fatigue.

Laces, Velcro straps or other retaining systems hold your feet securely in place, which aids the upward movement of your pedal stroke. They also lend stability, reducing movement by keeping your feet and body aligned correctly on the pedals. Shoe breathability is also very important for all types of cycling, especially indoors. Riding indoors generates considerable body heat and sweat, so make sure the shoe features mesh or another breathable fabric that circulates air to your feet. Shoe safety is also paramount. Gym flooring is often a hard surface and can become slippery from sweat after class. Most road cleat systems have large protruding cleats that can make walking difficult or hazardous in a gym environment. Even the most experienced riders can experience loss of traction and balance. For Spinning class, your best bet is a shoe with a recessed cleat or SPD® (Shimano Pedal Design) system and a rubberized sole for safety.

#### THE RIGHT SHOE MAKES ALL THE DIFFERENCE

All cycling shoes feature cleat pods, a small area on the shoe sole where you can attach a pedal cleat. When you purchase a pair of clipless bike pedals, they are sold with accompanying cleats that clip into the pedals to create a secure fit. Although not all Spinning facilities install "clipless pedals" on Spinners® bikes, many do. The most common pedal design is SPD, which is the most versatile pedal you can purchase. If you just want to be able to use the Spinner® bikes at your local gym without purchasing a pair of pedals, first make sure your gym has SPD compatible pedals, and then purchase a single pair of SPD cleats from your local bike shop. Remember, if you are buying shoes from a bike shop, always ask if they will include the cleats and install them for you at no charge.

It's easy to get the hang of clipless pedals and once you do, you'll never go back.



→ Find more cycling shoes and apparel at [www.spinning.com](http://www.spinning.com).

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