

# SPINNING®



## → Training Tips

### SPRINTING IN THE SPINNING® PROGRAM

**What is a Sprint?** A Sprint is an all-out, short-term effort at maximum output (wattage) performed in a high gear. A Sprint typically lasts no more than 30 seconds. When riders complete a true Sprint, they should be “spent.”

#### HOW TO PERFORM A SPRINT:

**1. Start in a Seated Flat (figure 1):** Use Hand Position 2 with medium resistance at an intensity that requires some degree of effort (not a comfortable cruising pace).

**2. Continue the Seated Flat for 15–20 seconds:** Begin adding resistance over a short period of time to begin the initial stage of the Sprint.

**3. Explode out of the saddle (figure 2):** As soon as you feel your legs and pedal stroke begin to “bog down” (i.e., RPM/cadence slower), jump out to Hand Position 3 to get “on top of the gear” or on top of the resistance.

**4. Continue for 3–8 seconds:** Once in Hand Position 3, begin to gain leverage and leg snap (power) by using the handlebars and body weight and accelerating to a faster cadence.

**5. Transition to a Seated Position (figure 3):** Settle back into the saddle quickly, efficiently and fluidly, into Hand Position 2, and accelerate again (at this point you are already at maximal effort).

**6. Finish the Sprint:** Both your heart rate and legs will be tapped out. If done properly, you will have a unique (and extremely “loaded”) feeling in your legs, a feeling that is only achieved through sprinting. Recovery will be a necessity.



FIGURE 1



FIGURE 2



FIGURE 3

#### SPRINTING DOs:

- » Weight centered over the bike
- » Strong core
- » Head level/head up looking ahead
- » Sharp, neat, fluid movements
- » Determination, focus and immersion in the moment
- » Forceful exhalations with proper diaphragmatic breathing
- » Elbows bent with smooth, strong side-to-side movement when in Hand Position 3
- » Strong, controlled movement when finishing the Sprint
- » Recovery period after the Sprint

#### SPRINTING DON'Ts:

- » Low resistance or no resistance
- » RPM too high or too low; you must stay within your means but challenge yourself
- » Extreme forward flexion of body over the bike or too much upper body weight on the bars
- » Straight arms, head down, arched back, heels up, knees out, elbows turned in
- » More than 10 seconds in Hand Position 3 when completing a seated Sprint
- » Holding your breath
- » Sprint time longer than 30 seconds

→ For more information about the Spinning program, visit [www.spinning.com](http://www.spinning.com) or call **800.847.SPIN.**