

Here you will find a tapered spin program that is intended to be done over the course of three weeks in preparation for competitive season. It is IMPORANT that the off-season be used for building muscle mass, and that as the season approaches, you taper off into maintenance and recovery workouts.

These spin workouts can also be used on their own, as a workout in itself, or as a means of active recovery after a day of training.

Spin #1 (HARDEST)

4mS(11) warm-up
2mS(12+) add 1 gear/30s
1mC(15)
6mC(13) 15s hover
 15s sit
 20s run 95-105 rpms
 10sC 65rpms
2mS(13) recover
4mC(13) 30s jog/jump/climb/sit
1mS(12) recover
3mS(13) 20s 95-100 rpms
 40s 60-65 rpms
2mS(12) recover

Spin#2 (MEDIUM)

4mS(10+) add 1 gear / m
2mC(13+) add 1 gear/ m
1mS(12) recovery
4mS(13) 20s jump/sit/sprint 90rpms
2mS(11+) recover add 1 gear /m
1mC(14)
4mS(13) 30s 60-65rpms
 30s 90-95rpms standing run
2mS(11-) lose 1 gear/m

Spin #3 (EASIEST/RECOVERY)

2mS(9) 75-85rpm
3mS(10) 85+rpms
2mS(11) rt only, switch every 20s
1mC(14)
3mS(12) 35s 65-75rpms
 25s 95-105rpms
1mS(12) recover
1mC(14) jog
3mS(12) 15s 75rpm
 15s 85-95rpms

1mS(12) recover

1mC(14) jump

2mS(12+) add 1 gear/20s

5mS(13-) lose 1 gear/m