

# student handout

## RECOVERY ENERGY ZONE™

The Spinning® program offers five different Energy Zone™ rides: Recovery, Endurance, Strength, Interval and Race Day. While the Spinning program is best known for its calorie burn and challenge, what you may not know is that one of the hardest rides to master is the also the easiest—Recovery. With a growing number of people training harder and longer than ever before, there's never been a better time to take a break and discuss how to balance your training with hard and easy workouts to reach your fitness goals *faster*.

### Train Smarter

Recovery Energy Zone (REZ) rides lend much-needed balance to your fitness program. Also called active recovery, Recovery EZ rides are intentionally easy, a good alternative to passive recovery, i.e., taking a day off entirely. Although both are important, active recovery has been proven to be more effective in flushing out excess lactic acid from the muscles and increasing circulation throughout the body.

The next time you're feeling sore and tired after a tough workout, an easy Recovery ride might soothe your aching muscles even more than taking the day off to rest. Recovery rides promote healing, circulate oxygen to tired muscles, ligaments, tendons and other parts of the body after

strenuous exercise. Best of all, Recovery rides actually increase your work capacity and can contribute to improved athletic performance.

**Heart Rate:** 50-65% of age predicted maximum (MHR)  
**Resistance:** Light  
**Cadence:** 80-110 RPM  
**Frequency:** If you're taking five to seven Spinning classes per week, you should schedule one Recovery ride per week. Elite athletes who train twice a day may need two or more days of recovery, depending on the time of year and intensity of training.

Whether or not your gym offers true-to-tradition Spinning Energy Zone classes, remember that you always have the option of tailoring any ride to your desired intensity. Even if your classmates are doing intervals, you can still treat your body to some well-deserved rest—at a self-directed pace.

### The Right Balance

It may come as a surprise, but it's not the high-intensity training sessions that make you stronger—it's the recovery process that gives your body time to adapt to progressively harder workouts and strength training. Without enough rest, it's virtually impossible to make significant fitness gains. Hard training sessions (Interval, Race Day and

even Strength Energy Zone Rides) deplete blood glucose and fatigue the central nervous system. Consistently exercising at high intensities can lead to overtraining, weakened performance, illness and even injury. Recovery training sessions stimulate and promote blood circulation and bring nutrients to the areas of your body that need it most.

Remember—training is a delicate balance of hard workouts and easy recovery, moderation and patience. Without hard training sessions, you won't take your fitness to the next level. Without rest, your body becomes overstressed, increasing your susceptibility to illness and injury. The Recovery EZ has been shown to enhance feelings of relaxation, balance and well-being. It's even considered an active form of meditation.

Take time every week to visualize positive images that will contribute to your success!

**Ask your instructor how to dedicate certain days to different Energy Zones: Endurance, Strength, Interval, Race Day and Recovery.**  
**Work out smarter—not harder.**  
**To find out more, visit [www.spinning.com](http://www.spinning.com) or call 800.847.SPIN (7746).**

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