

## 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:** 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. Begin a Standing Climb:** As soon as you feel your legs and pedal stroke begin to “bog down” (i.e., RPMs/cadence slower), jump out to Hand Position 3 to get “on top of the gear” or on top of the resistance.

**4. Continue the Standing Climb for 3-8 seconds:** Once in position 3, begin to gain leverage and leg snap (power) by using the handlebars and body weight and accelerating to a greater pedal cadence.



**5. Transition to a Seated Climb:** 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.

### SPRINTING DOs:

- Weight centered over the bike
- Strong core
- Head level/head up looking ahead
- Sharp, 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
- RPMs too high or RPMs 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 greater than 30 seconds