

SPINODYSSEY•2007

6 HOURS OF SPINNING TO BENEFIT AMERICAN CANCER SOCIETY • BREAST CANCER RESEARCH

3 Hour SpinOdyssey Training Recommendations

- Pick One Column or Mix the Type of Riding.
- If you ride for more than one hour, replace your electrolytes!
- Remember to warm-up, cool down and stretch.
- Email info@SpinOdyssey.com or nortonpk@aol.com if you need help finding a long indoor training session. If you have been sedentary or depending upon your physical condition, or find a time crunch during the holidays, you should consider spreading this out over an additional 4-6 week period by repeating the odd week, and start **NOW**.

	SPINNING	STATIONARY BIKE INDOOR	OUTSIDE RIDING	TOTAL HOURS
WEEK 1	3 CLASSES	3 HOURS	3 HOURS	3 HOURS
WEEK 2	3 CLASSES	3 HOURS	3 HOURS	3 HOURS and one ride should be 1.25 hours long
WEEK 3	4 CLASSES	4 HOURS	4 HOURS	4 HOURS and one ride should be 1.50 hours long
WEEK 4	4 CLASSES	4 HOURS	4 HOURS	4 HOURS and one ride should be 1.75 hours long
WEEK 5	5 CLASSES	5 HOURS	5 HOURS	5 HOURS and one ride should be 2.0 hours long
WEEK 6	5 CLASSES	5 HOURS	5 HOURS	5 HOURS and one ride should be 2.25 hours long
WEEK 7	5 CLASSES	5 HOURS	5 HOURS	5 HOURS and one ride should be 2.5 hours long
WEEK 8	6 CLASSES	6 HOURS	6 HOURS	6 HOURS and one ride should be 2.75 hours long
WEEK 9	5 CLASSES	5 HOURS	5 HOURS	Taper! 5 hours and one ride should be 2.5 hours long
WEEK 10	4 CLASSES	4 HOURS	4 HOURS	Taper! 4 hours and one ride should be 2 or 2.25 hours long