

Interval Grind – HIIT Cycle

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This ride is not for the faint of heart. The key to getting fitter is to let uncomfortable be your new comfortable. This HIIT (high intensity interval training) cycle class will teach you to do just that. Learn how to coach this type of class effectively in order to ensure you get the most out of your students. Empower your students to work harder than they thought they could.

Objectives

- Learn cues that will help you to get the most out of your students
- Learn HIIT intervals that will teach your students to be uncomfortable and get results
- Learn how to cue/coach around ‘feel’ and create a mindful ride for your students

HIIT Training: Physiological Benefits

- The whole premise is to increase the after burn (EPOC)! Can last for hours!!
- Improved anaerobic and aerobic capacity
- The rate of increase in VO₂max is one of the highest ever reported
- Fat burn is greater when exercise intensity is high: compare two different exercise plans for the same client – a 30 mins walk on a treadmill for a 30 year old client.

50% VO ₂ @ max	200 calories (50% fat)	100 fat calories
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70% VO ₂ max	310 calories (40% fat)	124 fat calories
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**these are hypothetical numbers of calories expended, but the percentages are accurate.

- Improve muscular strength and endurance
- It is very challenging and time efficient
- It is so versatile and can be carried over into most formats with any exercise
- Builds mental toughness

Workout Considerations

- Not everyone is ready for this kind of work - start out by doing 2 intervals only
- Recommendation for HIIT is 3 workouts/weekz

Key Elements and Application to Coaching a HIIT class:

1) Encourage Mindfulness – Stay in the Moment

- i. Research is clear that mental focus enhances workload significantly
- ii. Each interval is its own workout
- iii. Mental toughness is the limiting factor for everyone
- iv. Positive talk and encouragement creates emotion that releases endorphins. You are going need them for a HITT class!!!

2) Planning – Pre Class and Pre Interval

- i. Be true to the sport – would you do it on an outdoor bike?
- ii. Take time to set up the details and ensure expectations are understood
- iii. Be clear and concise about terrain/technique, RPM, Intensity (RPE -Easy, Moderate, Hard, Harder and Hardest) and Time
- iv. Hold them to it (accountability)and don't be afraid to ask them to step up

3) Teach 'FEEL'- RPE (Rating of Perceived Exertion)

- i. What do you feel when and, if you aren't, what do you have to do to get there?
- ii. Does the interval progress? How? How do I as the student measure that? They need to know this in order to know where to start.

4) Empower with Cueing

- i. 'You won't know unless you try' – you choose! You might just surprise yourself
- ii. 'Don't leave a workout and need a workout'
- iii. 'Do something you didn't think you could do' – how much stronger does that make you both mentally and physically
- iv. 'Learn to make uncomfortable your new comfortable' – imperative to achieve goals
- v. Pain is temporary, failure is forever – shift mindset from thoughts of pain to willpower.
- vi. Choose short term discomfort for long term success rather than short term gratification for long term disappointment. Reframe it – make negative positive

- vii. 'You can do anything if it means enough to you' – Stay in the moment and FOCUS on your GOALS
- viii. 'How bad do you want it?'

5) Recovery

- i. Work them with intention and encourage them to earn recovery
- ii. When they earn it, you give it to them
- iii. How much recovery is adequate? As per class plan. Traditional anaerobic interval training utilizes a work:rest ratio of 1:2 – 1:4
- iv. Use the down time to ask questions that will help your participants evaluate how they did. Did they work as hard as you wanted? If not what do you need to tell them to do different? ** If you don't ask, you can't help them improve and you are not holding them accountable for their own workout. Isn't that your job?

Song/Artist/Time	RPM	Position	Drill	Intensity/Time	Recovery
Handclap – Fitz & The Tantrums - 3:12 Intoxicated – Martin Solveig & GTA -4:16	70 RPM 63 RPM	Sit and Stand	Intro class, power up's and position work	Moderate	None
Everybody Colombo 7:18	68 RPM	Sit or Stand (make it work for you)	Pyramid Push Can you hold or increase watts	30 secs very hard, 30 secs moderate	2 mins after all sets complete
				45 secs very hard, 45 secs moderate	
				60 secs very hard, 60 secs moderate	
				45 secs very hard, 45 secs moderate	
				30 secs very hard, 30 secs moderate	
I Love It (feat Charli XCX) Icona Pop 2:35	65 RPM	Sit to Stand	Harder as you go	Every time you hear 'I Love It' add tension How long can you stay in?	2 mins after all sets complete
My Songs Know What You Did - Fall Out Boy 3:06 The Greatest – Sia – 3:30	77 RPM	Seated	RPM Increase/ Tension stays the same	RPM Increase 70, 80, 90, 100, 110 – 30 secs each, 2x Can you beat your distance 2 nd time?	2 mins after all sets complete
	90 RPM				
I'm Still Standing Taron Egerton 3:07	88 RPM	Sit to Stand	I'm Still Standing	Sprint out of saddle on chorus 'I'm still standing'	1 - 2 min after all sets complete
Hot Hot Hot Vengaboys 3:42	65 RPM	Sit or Stand – you get to decide	Tabata	20 secs very hard, 10 secs mod – Repeat 8x = 4 mins Can you beat your max watts twice?	2 mins after all sets complete
Stereophobia Dark Oscillators 6:46	76 RPM	Sit or Stand	Team Relay	Partners – each rides .25 kms - 5 times each 1 st team done wins!!!!	2 mins after all sets are complete
Bounce Generation TJR & Vinai 3:49	67 RPM	Sit or Stand	Second Chances	All out 30 secs – how far/ Rest 30 secs All out 30 secs/ beat distance Double 30 secs distance – beat it in 1 min	2 mins after all sets are complete
Fight Song – Rachel Platten – 3:24	N/A		Flush		
Rise Up – Andra Day – 4:13			Stretch		