



Speed Workout on The Helix (19-34 minutes)

Speed is work/time. The ability to produce a maximal amount of work in minimal amounts of time requires speed or power. Speed can enhance reaction time, motor unit recruitment, strength, and muscular efficiency.

The speed or power workout involves numerous short bursts of work with low intensity output between each burst. Developing true speed or power requires maximal effort and focus.

Benefits from Speed and Power Training:

- Increased speed
- Increased work capacity
- Increased strength
- Enhanced motor unit recruitment
- Enhanced reaction time
- Enhanced hormonal activity

THE SPEED WORKOUT ON Helix										
STAGE:	WARM-UP*	I	II	III	IV	V	VI	REPEAT I-VI	COOL DOWN*	TOTAL
RPE:	2-3	6-7	2-3	7-8	2-3	7-8	2-3		1-2	
BEGINNER TIME	4 min	20 sec	90 sec	20 sec	90 sec	20 sec	90 sec	1 time	4 min	19 min
BEGINNER RPM	+/- 45	55-60	+/- 45	60	+/- 45	6060	+/- 45		+/- 45	
INTERMEDIATE TIME	4 min	30 sec	90 sec	30 sec	90 sec	30 sec	90 sec	2 times	4 min	24 min
INTERMEDIATE RPM	+/- 45	60	+/- 45	65	+/- 45	65	+/- 45		+/- 45	
ADVANCED TIME	4 min	40 sec	90 sec	40 sec	90 sec	40 sec	90 sec	3 times	4 min	34 min
ADVANCED RPM	+/- 45	60	+/- 45	65	+/- 45	65	+/- 45		+/- 45	

*Warm-up and Cool Down should be completed with the Surfing Motion