



**Indoor Cycle Instructor PROfile**  
*I Like the Way You Move*  
**A Movement-Based Profile**

Created By: Krista Leopold  
Training Type: Progressive Intervals (or All-Terrain)  
Working HR Zones: 3-5  
Total Class Length: 60 Minutes

### **Preface**

On July 17, 2013, John published an interesting article considering whether or not the profiles at ICI/PRO are mainly intensity-based. He proceeded to answer his own question with a profile by yours truly drawing attention to the fact that I made dozens of references to intensity and only two references to movement. He then went on to make several valid points about considering the usefulness of movement-based profiles, and wondered if maybe we should focus more on movement. My response?

*CHALLENGE ACCEPTED.*

### **Objective and Intensity**

To focus on movement first and simply observe how intensity is affected. This profile is derived in part from what Jeff Krabiel presented at WSSC this year in his session, “Four Variables of Intensity.” In that session, Jeff reminded us that there are only 4 ways to increase intensity in Indoor Cycling: resistance, cadence, position, and timing or opportunities. This profile doesn’t ask riders to work within a particular heart rate zone, but rather, by using 3 of the 4 variables, attempts to make a game of finding out just how much of any one of these elements can increase before riders lose control.

### **Description**

The ride is divided into 2 halves: flats and climbs. Each portion has 6 working intervals followed by a brief recovery after each set. Each interval consists of movements that last 15 seconds before increasing a variable. Either resistance or cadence will increase 5 times in the segment before recovering. Each segment will introduce a new intensity variable to increase the challenge. The goal is simply to do as much as you can and to attempt to defy your limits by anchoring to the constants: your form, your breath, the music, and recovery.

### **Music**

Whenever I do a ride with terrain that changes frequently, as this one does, I try to find music that rides as either a flat or a climb or that has high energy. For this class, I was looking for something fun, energetic with a BPM around 130. Also, I was pressed for time, so I decided not to spend hours combing Spotify for the latest dances tunes and agonizing over timing. Instead, I downloaded a Steady Mix <http://www.steadymixes.com/beatdown4> *Note: they have an identification callout at :20, which I just spoke over.*

## Indoor Cycle Instructor PROfile

### **Easy Warm-Up Flat (5:00)**

For this warm-up, I'm going to do things a little differently. Instead of leading with the profile description and an explanation of what they should prepare for, I tell them that *today is pretty simple. If you can count to 5, you can follow this ride. So, since it is that easy, just settle in and do what you need to do to bring yourself up to a working pace over the next 4-5 minutes.*

### **Flat Road, Cadence 80-100 (3:00)**

Now that they have brought themselves to a place they define as a steady working flat, I want to get them thinking about what their "default settings" are. *What is the cadence you chose? What is the amount of gear you added? How hard are you working right now? Are you holding back, and if so why? Where are you right now and where do you want to be?* There's no right or wrong answer, these are just simple, straightforward questions to bring awareness to their riding and get the game started.

Then, give them a quick, general overview of what is coming: *we're going to work the first half of class on flat roads with cadences above 80 rpm and the second half will be hills at 60-80 rpm. We are going to play a couple of games with intensity, but like I said, all you have to be able to do is count to 5.*

About 2:00 in, I let them know about the first segment we are about to do will involve five turns to the right. I explain that the goal is to turn it up as much as you can without slowing down. Since they are already pedaling at their preferred cadence (help them be sure it is a true flat road cadence), they have one anchor to find comfort in while we turn up the heat. The whole thing will be over in 75 seconds so do your best to push your tempo without giving up on the knob or your cadence. Ready, set go.

### **Set 1: Flat Road, Constant Cadence (80-100 rpm), 5 Resistance Increases (1:15)**

**They already have their natural cadence, so now they just maintain it while they increase gear 5 times. Hold 15 seconds each time.**

Stay in the saddle and encourage them to identify now what their default "turn" is. *How little or much do you typically add when the call for more gear is made? Can you go bigger than that? You only have five chances to see if you can meet your limit, so don't be shy.*

### **Easy Flat (1:00)**

Flush the legs. Congratulate them. Ask them how much more they want. Are they willing to let go of their habits to get stronger? Let them know that they are off to a great start. Next set, we will do the same thing, except we will increase cadence instead of gear. Near the halfway point, ask them to gear up to where they were after turn 2 or 3 of the first set. Let them slow down to 80-85 rpms so they begin the next set with somewhere to go, namely at a slower flat road cadence with a heavier gear. Tell them no matter how tough it gets, don't touch the knob until it's over. The importance, though, is on starting with sufficient gear, otherwise they will be out of control too soon when the cadences go up.

## Indoor Cycle Instructor PROfile

### **Set 2: Flat Road, Constant Resistance, 5 Cadence Increases (1:15)**

**Increase cadence by a few rpms with constant resistance and hold for 15 seconds, repeat for a total of 5 cadence increases.**

Again: do not let your group do this without gear!! Encourage them to “sit deeply” and to pay attention to their hips. They might reach a point where they have too much movement and they’ll feel it in a place they want to protect. Instead of bouncing, have them mentally try to grow roots to wrap them tightly around the saddle. Coaching riders out of bouncing is an art form, but this is a great exercise to help them figure out when it starts and how to fix it. Also, be careful of riders who will attempt to go past 110 rpms. If you got them growing roots, the 110 shouldn’t be an issue. If it is, help them to see that the cadence increases are not all that big and if they are going faster than you, they cheated on the gear.

### **Easy Flat (1:00)**

My riders, I noticed instantly, did not work as hard on the second set as the first set, so I called them out. If yours are wiped out, congratulate them and move on, but if they are like mine, ask them: *Do they know why it wasn’t as challenging the second time around? Did they truly start out with challenging gear that forced them to slow? Did they miss an opportunity because they acted out of habit?* Don’t berate them, obviously, just let them see this clear illustration that if you always do the same things, you can never expect new results.

Moving on. We’re going to go back to adding resistance and we’re adding a position change. 20-30 seconds before the set, ask them to come to standing and ensure that they have sufficient gear to do so.

### **Set 3: Flat Road, Constant Cadence (80-95), 5 Resistance Increases, 1 Position Change (2:30)**

For this set, cadence stays constant. Position and resistance change.

:15 Seated Flat + Resistance	
Increase	5x
:15 Standing Flat	

Bring them to the saddle without speeding up or slowing down and add resistance as you do so. Sustain for 15 seconds, and then come back to standing without changing anything. Stay up 15 seconds, then sit and increase again. Each time you do, encourage riders to “absorb” that extra gear. When it starts to get steeper ask them if they are willing to do what it takes to become a fitter, more powerful rider. Breaking the habit of keeping the gear where we are comfortable will not allow us to accomplish that goal.

### **Easy Flat (1:00)**

Quick recovery, and we repeat with cadence changes. Don’t make the same mistake as last time (if they did) – start on a gear that is going to give you a big challenge. At :30, find a gear heavy enough to stand on, that slows them to about 80-85. Again – they can go back to turn 2 or 3 or even 4 if they feel strong.

## Indoor Cycle Instructor PROfile

### **Set 4: Flat Road, Same Resistance, 5 Cadence Increases, 1 Position Change (2:30)**

Now we increase cadence and leave resistance alone.

:15 Standing Flat with acceleration  
:15 Seated Flat – keep new pace                      5x

These are basically jumps with acceleration. But instead of backing down to our comfortable starting cadence, we are going to steadily build up intensity. You might have to talk them into doing battle with the fire in their thighs. Remind them of what they want to accomplish today. Make the changes without gearing down.

### **Flat (1:00)**

Follow with another 1:00 of recovery time, coming to standing in the second half. You're getting to the point where it isn't enough recovery so encourage them and let them know they have two more sets then you'll give them a nice long break. With 20-30 seconds left, bring them out of the saddle.

### **Set 5: Flat Road, 5 resistance increases, 5 cadence increases, 1 position change (2:30)**

:15 Seated Flat + Gear  
Increase  
:15 Standing Flat + Cadence                      5x  
Increase

Just as before, they'll increase gear when they sit, but they will also accelerate when they stand and try to maintain their cadence. Help them to stay under 110 rpms, but to instead focus on finding out what limits they've set for themselves in their minds, and help them break those down so that they can move up to the next level.

### **Flat (1:00)**

Follow with another 1:00 of recovery time, coming to standing in the second half. Last one, then a long rest. Just find your best, that's all we want here.

### **Set 6: Flat Road, 5 resistance increases, 5 cadence increases, 2 position changes (3:45)**

Whoosh!! Try saying all that in under a minute. Here's how it breaks down:

:15 Seated Flat + Gear  
Increase  
:15 Standing Flat + Cadence                      5x  
Increase  
:15 Jumps (3-4 total)

On paper, it really doesn't look so bad. In practice, it requires a lot of focus and determination to handle the pressure that builds up rather quickly. For some, the challenge of integrating so many things at once will be exciting and welcome and they will thrive in this game. For others, this will be more than they handle. You have to help them navigate and feel successful even if they do not add every gear increase or

## Indoor Cycle Instructor PROfile

cadence. Give them permission to skip a gear increase or back off cadence without feeling as if they've failed while encouraging them to fight all the way to the end.

### **Anyway you want it flat (3:00)**

*Take this chance to completely reset and ride any way you want. In fact, think of this class as a game of two halves and we're at half time. You might go so far as to imagine a locker room with the coach giving you an opportunity to look at your performance thus far and determine what changes are going to have to be made if we want to win the game in the second half. Descriptions of what the band is doing on the field are totally optional.*

### **Moderate Climb (3:00)**

Make the transition now away from the flats, and let's start the second half with a moderate climb. You should feel it under you. The legs should engage much more than they did in the flats. The second half goes almost exactly like the first half, but now we do it on a mountain.

### **Set 7: Climb, Constant Cadence (60-80 rpm), 5 Resistance Increases (1:15)**

Since they've been here before, you can begin to hone in on the choices they make. Ask them to observe the way they add gear. How far does the knob go typically? Can they double it next time? Triple it? In some way exceed their "default setting" for gear shifts?

### **Easy Climb (1:00)**

Active, not full recovery. Keep it slow and steady while replenishing their energy. Bring it back to a moderately heavy climb before starting the next set.

### **Set 8: Climb, Constant Resistance, 5 Cadence Increases (1:15)**

The challenge becomes evident much sooner in the hills (as long as they really are on a hill. Keep encouraging them to be smart, but to test their ideas about what "hard" and "very hard" mean.

### **Easy Climb (1:00)**

Another too-short break. This is part of what must be managed. Finish this recovery in standing position so that you can begin the next set by increasing when you sit.

### **Set 9: Climb, Constant Cadence (60-80 rpm), 5 Resistance Increases, 1 Position Change (2:30)**

:15 Seated Climb + Resistance  
Increase 5x  
:15 Standing Climb

We add in the standing climb, and increase the gear each time we sit. Still holding to :15. You might ask them to start counting the sets to 5 with you. It will help them shift focus just enough to deal with the heat they are starting to create. If you can build up this pattern, it will really help them in the final set to count it down to the end.

## Indoor Cycle Instructor PROfile

### **Easy Climb (1:00)**

Reprieve. Give them permission to flush on a flat if necessary. Then get them back on a hill that is heavy enough to challenge them in standing and accelerating.

### **Set 10: Climb, Same Resistance, 5 Cadence Increases, 1 Position Change (2:30)**

:15 Standing Climb with  
acceleration 5x  
:15 Seated Climb – keep new pace

As before, increase cadence when you stand up and fight to maintain the increase in the saddle. 15 seconds each position x5.

### **Easy Climb (1:00)**

Again, let them down if needed, but let them know the end is near. Only two more sets. Yes, they'll be the hardest, but you know they can do it. Come to standing climb before the rest ends.

### **Set 11: Climb, 5 resistance increases, 5 cadence increases, 1 position change (2:30)**

:15 Seated Climb + Gear  
Increase 5x  
:15 Standing Climb+ Cadence  
Increase

Sit and bring on the gear. Ask them to do their best and fight through the frustration and the heat. They are changing for the better, and the work they do now in these final rounds is the work that matters that most. What you do when you most want to quit is what defines who you are. So be a fighter.

### **Easy Climb (1:00)**

Last best chance coming right up. Make yourself proud by giving it whatever you've got left.

### **Set 12: Climb, 5 resistance increases, 5 cadence increases, 2 position changes (3:45)**

:15 Seated Climb + Gear  
Increase 5x  
:15 Standing Climb+ Cadence  
Increase  
:15 Jumps on a Hill (3-4 total)

There really isn't much to say here, except bring it on. You don't have to talk much, just count with them or for them.

### **Cool Down and Stretch (5:00)**

Now would be a great time to play "The Way You Move" by OutKast, as it is the name from which the title of this profile was taken. Ask them whether or not they did what they set out to do. Did they discover new strengths or new ways to approach riding that

## **Indoor Cycle Instructor PROfile**

will help them get more out of future classes? Were they able to at least one time go further than they thought they could? Have they identified (and maybe increased or improved) their defaults? If they did any of that, they succeeded.

## Indoor Cycle Instructor PROfile

# I Like the Way You Move

## Quick Profile

Created By: Krista Leopold  
Training Type: Progressive Intervals  
Working HR Zones: 3-5  
Total Class Length: 60 Minutes

### **Music**

Beat Down Vol. 4 available at <http://www.steadymixes.com/beatdown4/>.

### **Seconds Pro Timer**

You can access a circuit training timer to help you easily coordinate the timing in the profile at: <http://secondsapp.com/timers/3298492>. There's an app for that, as well.

### **Profile**

Easy Warm-Up Flat (5:00)

Flat Road, Cadence 80-100 (3:00)

Set 1: Flat Road, Constant Cadence (80-100 rpm), 5 Resistance Increases (1:15)

+ Easy Flat (1:00)

Set 2: Flat Road, Constant Resistance, 5 Cadence Increases (1:15) + Easy Flat (1:00)

Set 3: Flat Road, Constant Cadence (80-95), 5 Resistance Increases, 1 Position Change (2:30)

+ Easy Flat (1:00)

Set 4: Flat Road, Same Resistance, 5 Cadence Increases, 1 Position Change (2:30)

+ Flat (1:00)

Set 5: Flat Road, 5 resistance increases, 5 cadence increases, 1 position change (2:30)

+ Flat (1:00)

Set 6: Flat Road, 5 resistance increases, 5 cadence increases, 2 position changes (3:45)

Anyway you want it flat (3:00)

Moderate Climb (3:00)

Set 7: Climb, Constant Cadence (60-80 rpm), 5 Resistance Increases (1:15)

+ Easy Climb (1:00)

Set 8: Climb, Constant Resistance, 5 Cadence Increases (1:15) + Easy Climb (1:00)

Set 9: Climb, Constant Cadence (60-80 rpm), 5 Resistance Increases, 1 Position Change

(2:30) + Easy Climb (1:00)

Set 10: Climb, Same Resistance, 5 Cadence Increases, 1 Position Change (2:30) + Easy Climb

(1:00)

Set 11: Climb, 5 resistance increases, 5 cadence increases, 1 position change (2:30) + Easy

Climb (1:00)

Set 12: Climb, 5 resistance increases, 5 cadence increases, 2 position changes (3:45)

Cool Down and Stretch (5:00)