

Indoor Cycle Instructor.com/PRO Audio PROfile

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January 2010

Your goal as ride leader is to provide your students with the coaching, music and instructional support to successfully execute the planned workout. Ask our students what they see and they will tell you that they see the instructor simply walking into the studio, jumping on the bike and asking everyone to follow along. Nothing is further from the truth. A good class takes preparation, planning and goal orientation.

This is one of my rider's favorites because it constantly changes up and challenges them to respond. I find that they consistently perform in a focused more dedicated manner when I coach them in this one. Just when they get comfortable with one stage, they are asked to push a bit harder, concentrate a bit more and dig a little deeper. I love it when my students can really grab on to a ride like this, the intensity in the room is palpable and the relief when it is over is always something we can laugh about.

2x2x2 Profile

This is a graded performance profile that ranges in intensity from 75% MHR to 85% MHR over a 6 minute work interval with a 2 minute relative recovery. The 2x2x2 loop is repeated 4 times. Each time the loop is repeated, the rider focuses on a different element of their performance.

Goal: This workout is designed to challenge your riders to continue to increase intensity to the anaerobic threshold by gradually increasing resistance throughout the work interval. This intensity serves to increase muscular endurance as well as cardiovascular strength. From the mental training perspective, your rider must work through muscle fatigue and increasing exertion as the grade increases every 2 minutes and settle into a steady, strong work cadence with a final acceleration to the top of the hill at the completion of each work cycle.

Coaching Considerations: More experienced riders will be just as challenged as your newer clients in that the use of the heart rate monitor will dictate the amount of resistance that they load on the wheel. In order to achieve the proper training metric, encourage the rider to first achieve a cadence that is consistent with the terrain that you are trying to simulate and then add resistance until the HR objective is met. For a newer rider, I would not recommend the final acceleration; rather, I would keep them on the climb at a steady cadence for the equivalent amount of time.

Additionally, if you have a rider with known hypertension, you would be ill advised to increase their intensity to the anaerobic performance level. Exercise increases the blood pressure secondary to the vasoconstriction produced by a number of factors including the hormones and chemicals that our bodies produce during exercise. This is a dangerous place to lead someone with hypertension even if their condition is controlled with medication. The exercise prescription for this population is moderate

intensity endurance exercise. Modifying this ride for a hypertensive client would best be done by encouraging them to stay at about 80% MHR and well below their anaerobic threshold. There is no health benefit for them to push really hard. The increase in blood pressure that is produced results in an increase in afterload for the heart. Simply put, the heart has to exert a tremendous amount of force to push the blood into against the pressure in the blood vessels.

Also, for any rider with osteoarthritis of the knee, current recommendations for indoor group cycling include:

- Cadences no lower than 70 RPM
- Cadences no higher than 100 RPM
- Limited out of the saddle movements to avoid undue hyperextension in the patella and essentially placing the tibia and femur into “bone on bone” contact

Lastly, consider that you riders above all want to have fun with the experience – it is about creating a positive energy for them to draw from and leave with.

The Profile: Total Time – 50 minutes (repeat shaded area for 4 cycles)

Movement:	Purpose:	Cadence	Intensity	Time
Seated flat	Warm up	70-90 RPM (riders comfort level)	Gradually to 70% MHR RPE on a 1-10 scale: 5-6	10 minutes
Alternate standing flat and seated flat 30 seconds each	Continued warm-up	80-100 RPM	Gradually to 75% MHR: RPE 6-7	4 minutes
Seated flat		80-110	75%	2
Seated climb		60-80	75-80%	2
Standing climb		60-80	80%	1 ½ minutes
Standing climb acceleration		70-80	85%	30 seconds
Seated flat (RI)	Relative recovery	80-110		2
Seated flat		80-110		10

First work cycle: *experience and reinforce form, safety etc.* Check on your modified students (new, students with health issues). Encourage your students to feel their connection to the bike. Review the points of contact for each of the movements (seated flat, seated climb and standing climb) as they move through them. Identify the proper posturing and pedaling mechanics to draw upon later.

Second cycle: *test the legs to go a bit further than you think is comfortable.* Your students will begin to feel a bit anxious as they reach out of their comfort zone, but it is a natural reaction to the relatively fast paced increase in workload.

Third cycle: *imagine that each stoke of the pedal fuels more power into your legs and you master the control of the steady climb – attack the acceleration.* In the previous work cycles, the resistance is coached as a challenge, in this one, coach your students to use the resistance as a “fuel source” of sorts to gain more confidence and develop their riding power into the hills.

Fourth cycle: *been here three times before – last time through.* Combine the element of control and power. Encourage your students to believe that they can go beyond your previous barriers. Focused determination is what you want to reach for at the top of the hill. Make this last effort a real statement of your capabilities.

At the completion of your last work cycle, gradually bring your riders back to baseline by decreasing resistance to moderate and then gradually to light resistance to bring heart rate to 50% MHR or lower and an RPE of 4 before beginning your stretch off of the bike.

2x2x2 Music Selection list:

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- Ibuki Reconstruction 3:31 DJ Krush
- Simply Being Loved 4:22 (Somnabulist) BT
- A Dream Within a Dream 6:11 Dreadzone
- Amazing [Kaskade Remix] 6:34 Seal
- Broken Wings (Club Remix) 7:29 Remotion
- Movin' Up (Eddie Thoneick Remix) 5:10 DJ Suraci & Spins
- Innocente (Lost Witness Remix) 8:34 Innocente
- Amma 6:09 James Asher
- Ooh Child 3:58 Donnie McClurkin featuring Kirk Franklin
- Ocean 6:55 Monica Ramos