



ICI/PRO Audio Profile #251
Cuing the Console
Change is GOOD!!

Created by: Pam Benchley – Stages Indoor Cycling Master Educator.
Effort: Moderate, with more emphasis on clear, FUN *cue-munication* with participants!
Class length/intensity: Varied, depending on number of ‘sets’ the instructor chooses to repeat. 45-60minutes recommended.

This class profile was designed towards the instructor that may be new to teaching with a console in front of them, and/or to the instructor who may be new to teaching indoor cycling in general. The goal is to construct a simple, easy to CUE class, but not necessarily just an “easy” ride!

Sometimes when we attend a conference or weekend workshop we come home really jazzed with all the new information and want to spend it all on Monday morning’s class! Or we try to emulate and teach EXACTLY like the presenter we listened to in the training but perhaps still question- “how do I make it MINE??” This profile is designed to help you speak in *your language* and convey *your message* in a fun, easy way! ***I have included some basic cuing ideas in italics – various ways to cue our intended message. By no means is it intended as a ‘set script!’ Feel free to make it your own!***

This class is intentionally designed around the repeatable approach. Simply because once the concept of cueing the data has been mastered, then intensity is a variable that can be played with in a future class. Keep in mind our goal is to learn simple, effective ways to teach the metrics being displayed before your participants.

The overall goal of the class is simple – monitoring bike speed during 3 repeatable efforts of 4 minutes in length. I chose speed (mph or kph) because it is a concept most participants (as well as instructors) will easily grasp. They can envision going 15mph for example, because they drive vehicles and are familiar with that data already. Keep in mind – these efforts in another class could also be based on distance or power– more on that later...!

Pre class Instructions: **Let them know what they are in for!** While a surprise birthday party could be fun, I am fairly sure most people probably won’t appreciate the idea of surprises in their indoor cycling class. Be specific! Be clear! **And stick to it!** Requesting **anything** out of your participants, and then throwing in a, “Just kidding, let’s do 8 more!!” is **NOT** a way to gain the trust and love of our participants! Besides, they all have consoles too so being honest about time and effort is of utmost importance!

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Cuing tips: “Today’s class is going to be simple to understand, however – not necessarily easy to DO! Intensity is your choice today. We are going to do 3 efforts lasting 4 minutes a piece. Each time you will be presented with the challenge of making your bike go “faster”! Don’t panic! You will get ample time to recover and revise your strategy if needed! Our focus today is on average mph – sound fun? Lets go!”

Warm Up: ‘Whats New’ by DubVision (6:53) and ‘Groupie’ by Bob Sinclair (5:56)

I like to use music that doesn’t have a ton of vocals in it while in warm up. There is always housekeeping that needs to be addressed, and fighting for clarity over someone else’s vocals can be a bit overwhelming for participants and frustrating for you. Housekeeping: turning the console on, explaining general ‘data’ – real time vs. ave watts (if you have this feature on your console), rpms, speed, heart rate, distance – just a general, brief overview of what is appearing on the console. This is also time to address issues such as having water and a towel handy, how the resistance knob or lever works, as well as basic safety and alignment cuing. I usually spend 2-4min addressing these issues. Then move into a series of rpm or “leg speed pick -ups. “

Cuing ideas: “For one minute, I want you to try and pedal a little bit faster than what you may be totally comfortable with, for today’s purposes keep these under 110 rpms. This rpm is might not be where you would choose to pedal, if given free reign today, that’s the point. We are going to do this 3times – 1 minute on, followed by 1 minute off with a bit of ‘play’ here...”

“First attempt – just observe the console! What do you see as you pedal faster? Just watch – don’t get too wrapped up in the numbers! You may see speed as well as watts increase, perhaps even heart rate if you are wearing a monitor. Right now, we are just concerned with pedaling a wee bit faster, we will focus in on some specifics next time!”
Give them equal time – 1min – to recover from that tiny burst of pedal speed!

Cuing ideas: “Ok, team – cruise it out! Settle in to where you feel you have found a comfortable rpm – this is where you would pedal if given the choice. Some of you might like it a bit faster, some a bit slower and that is A-OK! You have one minute here to get cozy – what rpm are you choosing to pedal at here? No right, no wrong, just focus on what feels good! You have 1 minute!”

“Ok – next minute ‘on’! I want you to increase your resistance to something slightly more noticeable. Not a big hill, not a sprint – just a slight change from your last place of resistance or ‘gear’ – and pick up those legs again! What do you see happening to your bike speed? Are you going ‘faster’?? Do you see an increase in mph? What else do you see?”

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Next time, increase resistance a tiny bit more and observe.

Here is where instructors and participants start to see the magic happening – the relationship between resistance (FORCE) and RPM (VELOCITY), and how that creates POWER. This is not a profile about ‘power’ per say – but it could be used as a metric in further rides! Let’s review: 1 minute on, 1 minute off, three times and have them observe what happened. In the few minutes remaining in your warm-up you can let them recover, ask questions, reinforce the plan, etc! Moving on...

First Attempt Song Selection: “Extreme Ways/ (Bourne’s Legacy)” – Tocadisco Remix (5:56)

Cuing ideas: “By now you should have figured out a good balance of resistance and leg speed that got you moving at pretty good clip. Yay! Sometimes we call that your ‘sweet spot’. Good for you! On our first attempt we are going to see how fast our average speed is in mph. Remember, you have 4 minutes! Try to avoid the trap of going all-out or ‘burning your match’ in the first minute! We will be looking at and remembering your average mph over this 4 minute segment – go!”

This may seem crazy, but here is where you can let go of trying to cue standing, sitting, etc – let the folks just explore how to gain bike speed.

“You have the freedom to explore different body positions on the bike! If you do chose to stand, please remember to apply the appropriate resistance to allow for good form and control...no ‘bottoming out’ please!

Did you choose to pedal faster? If so, and you are approaching that 105-110 rpm range, please consider adding a touch more resistance and maintain good pedal/body control! No bouncing! What is happening? How about adding a touch of resistance? Can you maintain that bike speed? Approaching the 4min mark – remember your average mph! Thanks! Great job!!”

You may notice I prefer asking TONS of questions, instead of issuing orders. This creates the atmosphere of ‘WHAT if’ and that makes for a great learning environment! As instructors, we shouldn’t necessarily dictate throughout the entire class, we should create an environment that encourages our folks to discover what works for *them*! This is their class, their ride, their time away from work, kids, stress, whatever – let them enjoy the moment! Also, avoid OVER cuing- don’t fall into the trap of filling every single second of space with sound! They have a TON of info swirling around in front of them – just let them focus on what they have chosen to do!

NOW – here is the easy teaching part... Recover and Repeat! Allow for 3minutes of recovery to review working strategy and pep talk into efforts to come!

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Cuing ideas for Recovery: “WHEW! You made it! You now know what 4minutes of work feels like! And you have seen how ‘fast’ you can go in that time frame! Breathe! Relax for a minute and think! Did I gain speed with an increase in rpm? What happened if/when I stood up? Did I take on too much resistance at some point? Could I beat that mph in the next attempt? Is there a working AED machine handy? Does this instructor know CPR???? Ok just seeing if the kids in the back are awake... 😊”

I’m going to throw in some music here that I find works really well in motivating folks to try and “best” their prior attempts! REMEMBER- do not make this competitive in nature, pitting one rider against another – they are only trying to see if they can improve their *own* mph! Also, it is best to avoid cuing everyone to achieve the same speed – for example: “*Ok everyone pedal at 23mph for the next 4min!!*” This may not be realistic for many of our folks, and we want them to come back!! We want them to feel accomplished in their own right!

Fab – ‘Ride like the Wind’ (54 Remix Extended) 6:00
Florence + The Machine – ‘Dog Days Are Over’ 4:12
Rob Thomas – ‘Fire On the Mountain’ 5:09
E.S. Posthumus – ‘Unstoppable’ 3:05
Shiny Toy Guns – ‘Major Tom’ 4:22

So, basically you teach 2 more sets of 4min work/3min recovery with trying to ‘best’ the average mph on each 4min attempt!

Warm down/Observation Review:

Tom Petty – ‘Learning to Fly’ 4:45
John Mayer – ‘Message in A Bottle’ 5:07

Cuing end of class ideas: “YOU DID IT! No matter what your results today, you finished and you have an idea of what you are capable TODAY! Tomorrow, next week, those are new days to accomplish new goals! I want you to settle into a nice soft pedal with easier resistance to flush your legs and settle your lungs. How about a sip on that water bottle? Feel your breathing and heart rate back to this atmosphere and out of the stratosphere! When you drive out of the parking lot today, find the mph you accomplished on the bike – it might not seem fast in your car, but you were cruising today! Probably faster than school zones I bet! And that’s no small feat! Let’s stretch off the bike, open up these muscles!”

It’s really all about letting them feel good, accomplished and wanting – no *begging* for more! So, let’s briefly discuss recap...You could change the goal from mph to distance covered in the 4 minutes, trying to beat their distance each attempt. Or you could attempt to increase average wattage during each 4 minute attempt. Just remember to *keep time the same* in each repeatable effort.

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Most importantly, in the beginning, KEEP IT SIMPLE! You may be just learning and so are they! You can always increase the 'dazzle factor' later on – we know that you have that already!

Have fun. Remember, what may seem simple to you might be overwhelming to a new participant or someone new to the console. We have lots of room to grow together. Enjoy 😊