



***CYCLE ACTION***

Created by USA Cycling Coach Robin Robertson  
Visit her Cycle Moles website <http://www.cyclemoles.com>

Training Type: Form Fundamentals, Cardiovascular Fitness  
Featuring: Cuing for combo class with bikes on trainers and indoor cycles  
Working HR Zones: 2-4 (on a scale of 1-5)  
Total Class Length: 60 minutes (including 5 minutes stretching)

**Profile Objective and Intensity:**

From time to time it is always good to get back to basics with form fundamentals. Form is often overlooked and not practiced enough. This workout takes you back to 5 fundamentals: independent leg work, pedal stroke, smooth transitions in and out of the saddle, the elements of adding and releasing tension through rolling hills while maintaining intensity, and a long seated & standing climb that gets progressively steeper.

Focus on fundamentals will help each rider to get more power out of every pedal stroke and to become more efficient on the bike, whether indoors or outside.

This is an ideal class for everyone – teaching beginners good form and reminding veteran riders of how to get more out of every pedal stroke. The overall intensity is moderate to heavy with the end climb. The focus is on good form!

The cuing for this class includes both indoor stationary cycles and bikes on trainers. This is the kind of class that is perfect for those who enjoy cycling outside because the drills practiced are directly transferrable to outdoor riding.

Note about format and music: I typically plan the structure of the intervals for the class and then find music that will match in cadence and time for the intervals. There is a little cross-over between songs and change of intervals. This workout is based on time segments, not on songs.

## Indoor Cycle Instructor PROFILE

### Cycle Action Coaching

Pre-ride Music: Action by Nadine Sutherland. This sets the stage for the action to come!  
Gives a relaxed feeling for what is to come.

#### Intro/Warm-up: 10 Minutes

Songs: "Haitiando" by Pa Koute Konsey (5:11) and "La Logo" by Alpha Blondy (4:42)

*Today's workout takes us back to the important fundamentals of form. You want to get more power and become more efficient with every pedal stroke, right? Today we will practice the elements that will take you there.*

*Our workout focuses on muscle control, pedal stroke efficiency and power, and smooth transitions from seated to standing.*

*Our first drill will be a moderate (zone 2) intensity single leg effort, followed by pedal stroke drills, then we up the ante with zone 4 (very hard aerobic) work practicing smooth transitions in and out of the saddle. We'll step it down with zone 3 (Hard work) with a few rolling hills, and finish it off with a zone 4 (very hard aerobic) long seated and standing climb on a progressively steeper hill.*

*To get ready for the work ahead, we'll start with a one minute power effort, bikes will use your big chain ring, everyone else add tension for a very hard effort, RPM is 85-95, Zone 4 VERY HARD. One minute: Go! This power minute helps us to create a little lactic acid, get our bodies ready for the work to come, and prepare by sending buffering agents to flush out the lactic acid.*

*Alright, easy spin. Back to 85 95 RPM, light tension, bikes have the small chain ring. For a second hard effort in our warm up, we'll increase our pedal speed. Take a look at your RPM and without changing your resistance or tension, increase your RPM by 10-15, try to hit 100 RPM or more. One minute, GO!*

*Back to warm up. Easy spin two minutes, 85-95 RPM, light tension.*

Describe next drill

*Our next interval set is to work on single-leg effort. If you haven't ever done single leg work before, you can start with just making one leg go dead. This is harder than you think! Our bodies like to work in tandem, but if you can begin to create the mind-body connection to work a singular or asymmetrical part of your body, you'll become stronger for it.*

*The other option is to take one foot out of a pedal. If you're using toe cages, make sure that your strap is tightened down. Also be sure to hold your leg away from the pedal, because it really hurts if you smack your shin!*

*For the single leg drills, we will do 30 seconds single leg, 15 seconds together for transition, then 30 seconds the other leg.. Make sure you have enough tension to be in zone 2 at an RPM of 75-90.*

*You want to feel tension all the way around the pedal stroke.*

## Indoor Cycle Instructor PROfile

### Single Leg: 5 Minutes

"When it Comes to You" Dire Straits, (5:01)

*Let's begin! Right leg only, 30 seconds, moderate tension, 75-90 RPM. Now 15 seconds both feet, now left leg only, 30 seconds. Did you notice if it was harder on one leg or the other? Single leg work is one of the best ways to identify and correct imbalances in leg strength.*

*(keep track of calling out times switching from one leg/together/to the other leg)*

*When you're pedaling, make sure you're not just pumping down. You want to use the bottom stroke and upstroke, lifting up on your pedal. Hips should be stable and not rocking, and upper body quiet. Shoulders are relaxed.*

### Pedal Stroke Drills (6min)

Song: "Workee" Jambalassy, (6:09)

*Now, let's put that single leg work together and create the perfect pedal stroke. We're maintaining zone 2, moderate workload, 80-95 RPM.*

*Start with the down stroke—just pushing down on the pedal. This is how you learned to ride a bike as a kid. It's easy, right?*

*@0:30 Next is the bottom stroke: this is like scraping mud off of the bottom of your shoe, pulling your foot back. You should feel the back of your heel pull on the back of your shoe, towards the wall behind you.*

*@ 1:00 Now it's the upstroke. Lifting up not with your heel, but with the top of your foot against the top of your shoe. As you lift, you are using your entire femur, not just your knee.*

*@1:30 The last part of the pedal stroke is the top stroke. It's like kicking a ball with the toe of your foot. Shooting your foot over the top, as if you are trying to pedal an oval, instead of a circle.*

*(Now 0:15 each pedal stroke, 2X)*

*Now we'll move through it more quickly, putting it all together. 15 seconds for each stroke. Down stroke 0:15; Bottom stroke 0:15, upstroke 0:15, top stroke 0:15...Repeat.*

*Can you feel the difference? Do you notice that your RPM increases when you engage your bottom stroke and upstroke?*

*Last part: the perfect pedal stroke. For one minute, we'll put it all together. This should feel like pedaling a bigger circle than your pedals will allow, using force all the way around the stroke.*

## Indoor Cycle Instructor PROfile

### Recovery. Easy spin, 2min 15s. Zone 1

Song: "More than she knows" Spin Doctors (2 min 12 s)

(Describe the next drill) *Ok, next drill! We'll be working on our transitions in and out of the saddle. We want to focus on a smooth movement both to standing and gliding back to seated. No plopping in the saddle!*

*The point of practicing transitions is so that when you're outdoors on your bike, your bike keeps momentum moving forward and doesn't stall. If you're in a group and you move to standing or back to seated and you don't continually pedal, your bike can momentarily stall and inadvertently cause an accident. Plus, if you just plop back into your saddle, others around you will see that you are tired and take advantage of you.*

### Transitions. 5min.

Song: "Listen to the Music remix" by the Doobie Brothers (5:01)

*Start at 70RPM with enough load to carry your weight. Bikes should be in the big chain ring. Practice making a smooth pedaling transition to standing, surging with the music. Return to your saddle with a smooth glide back to seated—No flopping in the saddle! Practice muscular control when transitioning from seated to standing and back to seated. Target heart-rate zone is 4—very hard.*

*Cue to Stand: When you transition to standing, try to add 5-10 RPM to your pedal speed. Notice your shoulders, they should be nice and stable with a slight side to side movement, not bouncing up and down. Soft knees as you stand and pedal, weight is in your legs, not in your hands.*

*Cue to Seated: we'll return to seated in 10 seconds. Now as you go back to your seat, focus on maintaining pedal speed and gliding into your saddle. 3,2,1 and we're down. Slow it back down to 70RPM, feeling like you're on a steady hill.*

Continue to coach movement from seated to standing, standing to seated. Smooth transitions. When standing, riders should be able to wiggle their fingers with a light grip on the handle bars.

### Recovery (3:00) Easy Spin.

Song: "Runaway Boys" Stray Cats (3:03)

Easy recovery, zone 1 effort

*Take note of your heart rate—track how many beats your HR recovers each minute. As you improve your fitness, your heart rate will fall faster and you'll also be able to hit and sustain higher heart rates.*

(Explain the next drill)

*Rolling Hills: In the next set of intervals, we'll simulate rolling hills. We'll start on flat road at 90RPM, hitting a heavy climb at 70 RPM, and descending at 95 rpm for three sets of hills.*

## Indoor Cycle Instructor PROfile

### Rolling Hills: (9:00)

Songs: "It's Raining Men" Weather Girls (5:25); "Part of Me" Katy Perry (3:35)

For this interval set, you'll want riders to maintain a zone 3 (hard) level of effort in all of the segments, even the descent. The rolling hills will require bikes to change in and out of the big chain ring, when they hit the climb and descent. For those who need it, they can use the descent as a recovery.

*We're about to hit a set of 3 rolling hills.*

*Minute 1: Flats We're starting on flat road at 90 RPM, this is zone 3:hard work. Bikes will want to use their big chain ring. Nice, steady hard push, moving quickly on the flat road*

*Minute 2: Climb We've got our first hill coming up, bikes are in their big chain ring, adding gears to hit 70 RPM in a heavy climb. Everyone else add tension so that you stay in zone 3 at 70RPM, feeling like you're in a heavy climb. We're here one minute. Alright, we're almost at the top! Keep pushing!*

*Minute 3 Descent Push through the top to our descent, small chain ring on the bikes, 95 rpm, light tension. Recover if you need it, work hard if you can. We're here one minute.*

*Repeat 2 more times.*

### Recovery (2:30) Easy spin.

Song: "I should've Known Better" The Beatles (2:44)

(Explain next drill)

*We have an 8 minute climb ahead of us and you are going to conquer it! This is a climb that keeps getting steeper. We will alternate between seated and standing (practicing our smooth transition skills from our previous drill) as we power up the hill.*

### Seated and standing Climb (8:00)

Songs: "Sober" Pink (4:16) "Break of Dawn" Salt n Pepa (3:46)

This is a seated and standing climb, alternating 30 seconds each on a hill that keeps getting steeper. **Start each minute seated, then at 0:30 add tension (or a gear for bikes) and stand for 0:30, keep the added tension and return to seated but reduce rpm by 5.** If you notice riders with shoulder bobbing up and down, suggest they soften their knees and bend forward at their hips.

*Let's start our hill at 90 rpm, with enough tension to feel like you are on a hill, getting yourself into Zone 3 hard work. Don't worry, by the end of the hill we will work our way into high Zone 4 up at the top of our aerobic zones with a final kick at the end. Every minute I'll ask you to add more tension or another gear. Do what you can. If you can't add any more, stay with what you have. This is all about you, do your best.*

## Indoor Cycle Instructor PROfile

### *First Transition:*

*(at 0:27) Hill is getting steeper! Add tension, add a gear, and stand in 3..2..1*

*Weight is in your legs, upper body has fluid motion side to side but not up and down, hips are over your pedals, saddle is bumping you slightly in your rear.*

*(at 0:55) Keep your tension and return to seated and slow your rpm to 85 (or 5 rpm less) in 3..2..1 take a seat. 85 Rpm. Heavy hill!*

*Minute 1: 90 rpm Feel the hill*

*Minute 2: 85 rpm Focus on your body position – big open chest to get the most air in and out that you can*

*Minute 3: 80 rpm As you stand, relax your upper body and make the work happen from your hips down.*

*Minute 4: 75 rpm Be mentally tough, you are stronger than this hill!*

*Minute 5: 70 rpm Focus on big power, these are the intervals that count the most.*

*Minute 6: 65 rpm Steady deep breathing. Take a cleansing deep breath through your nose with forceful exhale.*

*Minute 7: 60 rpm You've got this, we are near the end. Push through the top of the hill, stay with it!*

*Minute 8: 60 rpm This is it, last big push! At 0:30 LAST ADD IF YOU CAN....0:15 Final kick, pedal faster ...add just 1 rpm or 5 rpm give it all you've got! (Big final kick!)*

### Cool Down 5 minutes

Indiana Jones Theme Song (5:35)

2:00 Easy Spin

0:30 Standing (walking pace)

1:00 Easy Spin

0:30 Pedal Speed – 100+ light tension

1:00 Easy Spin

Nice Job! This workout gave you a taste of everything with a big final push at the end. You can practice pedal stroke or single leg drills during warm ups to begin to build the muscle memory of legs working independently strong and together for a more efficient and powerful pedal stroke.