

# Indoor Cycle Instructor PROfile

## 60 Minute ENDURANCE

Created by: Janet Toussaint

Training Type: Aerobic

Working HR Zones: Zone 2-3; MHR: 65-80%MHR

Cycling Specificity: 5

Total Class Length: 60 minutes

Over the years, the group fitness arena has cultivated the “more is better”, or “the harder the better” mentality in its participants. This means that most students train anaerobically in every class they take. This is not only unhealthy for them, but ultimately, they will not be improving their level of fitness if we continue to let them to train this way.

If we are to consider ourselves cutting edge coaches or instructors, it is our job to incorporate Endurance training into our teaching repertoire. If you can pull it off, you will get them to fall in love with this type of training and at the same time, you will fall in love with coaching it! Every BODY will be stronger, healthier, and happier!

The challenges to the coach are many. Some of the hurdles we have when coaching an Endurance ride are, keeping the students in the saddle (most of the ride); keeping the students HR in Zones 2 & 3 (10 to 25 beats below threshold); watching for those that may be above the required intensity; keeping the students mentally engaged and challenged; fine-tuning cycling technique...these are to name a few.

When designing a class profile you should always look at it in two dimensions....what is the ***physiological*** objective and what is the ***psychological*** objective (hmmmmm....aka...Mind/Body fusion!). When you construct your profile this way, you will be more effective in getting your students to achieve the mind/body connection.

### **PROFILE OBJECTIVE**

The ***physiological*** goal of this ride is to remain aerobic for the duration of the ride. The ***psychological*** goal of this ride from the coaching perspective is to keep the riders engaged in their training, exercising discipline and control. This particular PROfile is a bit more challenging as I have incorporated some hills and even some brief standing flats. This puts more responsibility on the both the coach and the student to exercise keen discipline while encountering varying terrain. As a coach, you will be busy “working in the students’ heads” to keep them on target for this particular training goal.

They way that you present this ride to your class is critical to their understanding of what they are about to experience. Let's go now into my class introduction.....

## THE CLASS INTRODUCTION

*Good morning everyone! This morning's training is going to be an Endurance ride. The objective of today's training is to stay within your aerobic training zone which for most of you is between 10 and 25 beats below your threshold heart rate. We will not be going into higher intensities that make you feel out of breath. You will never feel, during this class, the need to back off, or slow down – you will always feel efficient, your breathing will be controlled, you will feel like you are 'generating' energy, as opposed to depleting it. I will tell you now that the challenge today is more psychological than it is physical. I know you are all quite capable of "full throttle" intensities, which have their time and place. Today your job is to exercise complete control of your body and your mind. This takes patience and discipline. I welcome you to this challenge.*

*For those of you who train with a heart rate monitor, you know the parameters within which you will need to ride. I will recommend Zone 2 or 65%-75% if you still continue to use Max HR...if you choose to bring it up into Zone 3 please make sure you are tuned into your breathing and that it is not adversely affected by the increase. If you are training without a heart rate monitor today, you will use your breathing as a guide. The key word here is CONTROL! As long as you feel you have control over your breath, i.e. a nice deep inhale, a controlled exhale..never feeling rushed in your breathing, you can assume you are still working aerobically. One of the many physiological benefits of this type of training is that the primary fuel source your body will be utilizing is FAT! Know that your body is tapping into fat stores for fuel. In order for that to occur, oxygen needs to be present...so breath work is key here today. Imagine a "red line" in your mind that you DO NOT want to cross in today's training. The feeling you have before the red line is that of control, breath control, body control, thought control. Once you hit the line and go beyond it, that breath control will dissipate. Keep these words in your head while we train.....Calm and in Control! Oh....and by the way...you will sweat, I promise!*

Now, there is plenty more information I will feed them as I coach this ride. I've given them the basic outline of the training. I don't want to overload the introduction and training objective. If we give them too much information all at once, they won't be able to absorb it all...so I use the sponge theory which is: imagine their brains are like sponges...just a few drops at a time, trickle the information in....let them absorb it, think it, ride it; a few more drops, absorb.....etc. etc. I will infuse them with more information as the ride flows....

The profile that follows is an in-depth look and feel to the way I coach this particular Endurance profile.

## Warm Up (Songs 1 & 2) total time = 9:08

This is where you as the coach needs to get the student engaged, or “plugged in”. This starts with mental focus:

**Song 1** - *As we begin to roll the pedals over, allow your mind and body to take this full hour and indulge. Clear any unnecessary thoughts, excess baggage so to speak...kick it to the curb. Visualize you on your bike moving past these unnecessary things...leave the debris behind....we can pick it up later if need be. With your clear mind, find a focal point..it may be behind your closed eyes, it may be on the floor ahead of you, it may be a picture in your mind...that is your home base – where you'll return if you need to clear your mind again during this training.*

**Song 2** - *Breathing easily through your nose, remain comfortable as we prepare our bodies for the road ahead. Notice your inhale as it comes in through your nostrils and fills your lungs, you feel your chest expand, your rib cage expand; visualize the inhale going down to the lowest lobes in your lungs; be greedy, fill them up; imagine it's your gas tank in your car and you're topping off the tank each breath. As you exhale, pay attention to your body relax slightly with each exhale. Don't take breathing for granted, take each breath with thought. Remember, we need to have oxygen present during our entire ride – this is your most important tool today!*

You want to allow them time during the warm-up to prepare, clear their minds and get completely focused on their movement. Remember, just drops into the “sponge”.....let them ride what you cue....in silence.

## Song 3 3:19 – Flat

First song out of the warm-up – let's give them a task...put their minds into their pedal stroke and fine-tune their spin. (**HR = Zones 1 – 2**); **Cadence 90 rpms**

*Focus your thoughts down into your pedal strokes. Focus on your right leg.....let the left leg “go for a ride” as the right leg does the work....pretend you are pedaling around the face of a clock...12:00 at the top, 6:00 bottom, 3:00 in front, 9:00 behind.....touch each number.....notice if you have a weak spot on your stroke, or a number you seem to skip over or not put as much pressure on....refine that area. Notice the symmetry of your stroke improve as you sharpen your focus on this right leg as it pedals. Your breathing should feel comfortable..those with heart rate monitors you want to be riding around Zone 2...those without, your breathing should feel comfortable, like the supply is ample for the demand*

Keep the focus on the right leg – again, don't rush the cueing – allow time for them to “feel” the drill. What happens here is they start to become more focused, more tuned in to their movements...the mind/body is starting to come closer.....

## **Song 4 3:12 – Flat**

We now need to go over to the left leg. (**Heart rate = Zone 2**); **Cadence 90 rpms**

*Now shift your attention over to your left leg as we incorporate the same drill....let your right leg go for the ride now as the left leg takes over. Pedal around the clock – identify any “weak”spots as you go around the clock...refine those areas*

See, what you are doing here is keeping them busy – giving them a job, something to occupy their mind as they ride at a comfortable pace. As you near the end of the song, have them bring the right leg back in to join the effort of the left leg and fuse the effort of both legs. Begin to talk about the rhythm of the pedal stroke as it starts to ripple through their body into a comfortable release of energy throughout the body.

*As we bring the right leg in to join the effort of the left, notice the fusion of effort in both legs as your body starts to roll into its own pedaling rhythm*

It's very important here to give them silence so they can actually experience what you are saying. Let them feel it as they ride.

## **Song 5 – 7:51 – Mild Climb**

Slight Hill bringing **HR up to Zone 3**); reduce **Cadence to 80 rpms**

It's very important here to guide their heart rates up slowly, as we reduce rpms

*We are easing into a gentle climb. Some hills are bigger than us and can beat us up. This one isn't going to beat us up....we are stronger than it, we are in control of our breath...as you increase resistance I want you to remain totally focused on your inhale. Use the bottom of your ribcage as a guide...feel the inhale reach down to the lower part of your ribs...feel the hill in your legs, but your lungs full of air. Count through 10 inhales/exhales on your own as you settle into this climb....one word in your mind...“control”. After a minute or so, do a cadence check to make sure they are on task.*

*If you are not wearing a HRM and you feel at any time your inhale start to shorten, not go as deep and it feels like your breathing is being rushed, pull the “throttle” back a bit, reduce resistance and/or cadence until you are back in control*

If you want you can incorporate 2 or 3 resistance increases in this hill, but be very careful not to get them into anaerobic activity...stress that they are responsible for their intensity

and being in charge of it. If you choose to do so, make them about two and a half or 3 minutes apart so they can adapt to the new feeling of the bigger gear and focus on their breath.

Perform a heart rate check (10 second count)

## **Song 6 – 5:27 - Flat**

**(Zones 2 - 3) ; Cadence – 100 rpms**

*Coming out of the hill, we want to reduce resistance as we gently bring our cadence up, looking to get to about 100 rpms max. This is a fine balance as we decrease resistance and increase cadence, be careful...this is where attention to your intensity is critical...breathe big! Remember YOU are in control....not the bike, not the road...YOU. Feel your legs lighten up as they grab the flat road...check in with your pedal stroke that you drilled earlier – is it symmetrical in it's power output...feel the rhythm of your stroke and let it emanate throughout your body, rolling from your legs, up your spine, through your shoulders, down your arms, into your hands, back into the bike...With eyes closed – feel the experience in your body, you are efficient, strong and breathing comfortably!*

Perform a heart rate check (10 second count)

This is about where I want them to feel the “high” of working in the Endurance zone – set the stage for them with what to expect, what to feel and let them ride it. Again, let them enjoy CONTROL.

\*\*\*Special note: At this point I usually don't demand a certain HR %...by now they “feel” where they are supposed to be through thorough cueing on breathing technique. They know where NOT to go and how to stay in control. I just keep coaching that. I think they like “feeling” their way through it as opposed to being slave to the monitor. \*\*\*Also – acknowledge that you know they may be experiencing some saddle discomfort because of the length of time being spent in it. Let them know it's ok to take a quick stretch when needed.

## **Song 7 – 7:48 – Flat with a three 30 second Standing Flats (Zone 2 – 3); Cadence 90-100 rpms**

*OK, now I'll present you a challenge. It's a challenge in self control. I will be giving you three opportunities to come out of the saddle. This will not be an all out run, consider it a jog. As you know we have certain parameters to work within today – we want to stay in that FAT BURNING place. I will count you down, at that point you'll be preparing to*

*come out of the saddle. You may need to add a tiny bit of resistance to compensate for your body weight which will be added to your pedal stroke. Part of your preparation is to get into your breath and as you come out of your saddle, know that your breathing should still feel somewhat comfortable. If the change in position on the bike jolts your heart rate and changes your breathing, please take it back in the saddle*

This introduction will take 30 seconds or so. As the song rolls out, you can place these standing flats wherever you wish – watch your students. If you see them working too hard, voice that so they know you're watching them. Make sure they know it's ok if they need to sit back in the saddle. It shows they are exercising control and truly managing their workout. Act like their personal trainer! Get into cueing the breath – it helps them stay on task.

Perform a heart rate check (10 second count)

## **Song 8 – 7:46 – Flat (Zone 2 – 3); Cadence 90-100 rpms**

This is where it gets really cool. They are feeling good, sweating, and GETTING what you're coaching. Commend them highly here and start to talk about the goal of Endurance training which is to train the body to be able to tolerate a bigger gear and push faster while remaining aerobic. Explain it takes great discipline and "time in" the saddle. Pay attention to what you're training your body to do. Buffer that lactic acid so that it doesn't inhibit you as you ride. Make sure they understand here that no matter what, they shouldn't be feeling any burn.

*Ok, we've talked about breathing technique, the importance of being truly focused and in the moment, we've talked about pedal stroke technique and the rhythm that flows from our bodies as a result of sound pedaling. We've talked about cadence and heart rate management. Let's put this all together. This song is almost 8 minutes long. I want you to employ every bit of training we've talked about today. Eight minutes of perfection! I will guide you, your job is to execute. Are you ready? Find your focal point – your home base.....good.....use it to calm you, remind you of who's in control. Remember our objective...as you **focus** on your **pedal stroke**, check in with each leg, remember your clock drills...the symmetry of your stroke, now feel the **rhythm** as it ripples through your body....let it rock! Your **breath** is smooth, controlled, you **feel stronger** than ever....deep inhales, relaxing on the exhale...Ride the flow of all these components, as they come together inside you...Don't let ego take over and put your heart rate too high....if your breathing is shortening, throttle back....this is not the time to blow it!*

## **Song 9 – 3:30 – Flat (Zone 2 – 3); Cadence 100 rpms**

Depending on who I have in my class (how well I know their strength and fitness level and also their level of control), I like to try this one last ENDURANCE challenge. After the last song above, they're high and feeling good. It's common that when an individual is truly "ON" their game, they are able to perform a bit more with the same control. In this case I mean they may be able to take a bit more resistance and still control of their heart rate. So....here we go.....

*Great job everyone, we're not done yet. Last challenge – so many of you were on target that last piece, I want you to see if you are able to manage a bit more resistance (very tiny bit) with the same control. This piece is only 3:30...again, I don't want you to blow the objective of this training. But go right into your body like you're the head coach of a team...manage every component as the intensity comes up – let's see what you can tolerate.*

*Coach all of the techniques in a "reminder" fashion. One word cues. Have them "check in" with their pedaling, breathing, rhythm, and pull it all together for them. All the while, keeping them from over doing it!*

## **Cool Down**

I use the time during the cool down to infuse more information. Let them know what the benefits were of this particular training. You would be amazed at how they will grasp what you're trying to teach. Emphasize the benefits of Endurance training; to name a few:

- Increased stroke volume
- Increased ability to use oxygen efficiently
- Development of fat burning system
- Stronger immune system
- Increased mental focus
- More energy

Overall, by keeping the students engaged and on a task, they stay 'in the game'....notice each song has a coaching strategy to it..something to get them focused on. That fear of "what do I say" when coaching an Endurance ride and how do I "keep them from getting bored" is eliminated because of the coaching plan that you employ.

# ENDURANCE

## Quick PROfile

Created by Janet Toussaint

Training Type: Aerobic

Working HR Zones: Zone 2-3; MHR: 65-80%MHR

Cycling Specificity:

Total Class Length: 60 minutes

Warm-up – 9:00

Prepare them to get comfortable on the bike...get them into a relaxed mind set as opposed to a fight or flight mind set. Set the stage – let them know the characteristics of the workout. They will be in the saddle most of the ride. If they experience discomfort, it's ok to come out of the saddle for a quick stretch. Establish heart rate parameters.

Song 1 – Focus

Song 2 – Breathing Exercises

Song 3 – Seated Flat; Zone 2; Cadence 90 rpms

Pedal Stroke Drill

Song 4 – Seated Flat; Zone 2; Cadence 90 rpms

Pedal Stroke Drill

Song 5 – Seated Climb; Zone 3; Cadence 80 rpms

Song 6 – Seated Flat; Zones 2 - 3 MHR; Cadence 100 rpms

Song 7 – Seated Flat; Standing Flat; Zones 2 - 3; Cadence 90-100 rpms

Song 8 – Seated Flat; Zones 2 - 3; Cadence 100 rpms

Song 9 – Seated Flat; Zones 2 - 3; Cadence 100 rpms

Cool-down/Stretch 6-8 minutes

## Playlist

| <b>Song #</b> | <b>Time</b> | <b>Song</b>             | <b>Artist</b>     |
|---------------|-------------|-------------------------|-------------------|
| 1 - Warm-up   | 4:38:       | Zukunft                 | Schiller          |
| 2 - Warm-up   | 4:30        | Top O Morning           | Michael Oldefield |
| 3             | 3:19        | Just A Little More Love | David Guetta      |
| 4             | 3:12        | Darko                   | Booka Shade       |
| 5             | 7:51        | Intercity 125           | Deseo Remixes     |
| 6             | 5:27        | Les Djinn               | Djuma Soundsystem |
| 7             | 7:48        | Hold On (BT mix)        | Sarah McLachlan   |
| 8             | 7:46        | Crush                   | Paul Van Dyke     |
| 9             | 3:32        | Amazing                 | Seal              |
| 10-Cool Down  | 5:48        | Eleven                  | Ametyhystium      |
| 10-Cool Down  | 3:51        | Iwoya                   | Angelique Kidjo   |