



JUST THE RIDE I NEEDED

Created by: Kay Mamo

Training Type: Exploring your three zones

Working HR Zones: Zoning Blue – Yellow - Red

Total Class Length: 45 minutes

My philosophy for teaching an indoor cycling class is simple, “If I don’t do it outside, I don’t teach it inside”. I teach more to intensity (heart-rate) than movement.

The facility where I teach most of my classes has older bikes that don’t have consoles. We can clap out a cadence and talk about RPE, but the best way to accurately determine intensity is through heart rate. My other facility has great new bikes with power consoles, but I *STILL* prefer to teach classes on our older bikes. Why? Because addressing the cardiovascular system is the most important aspect of an individual’s workout. It’s great to provide as much data as possible about a workout or training session, but for many club athletes, Cadence, Speed, Power is TMI! (I’d like to spend time discussing wattage and the power to weight ratio, but that’s another article!) Heart rate is first and foremost the most effective way to measure improvements in fitness. So, if your facility has older bikes, don’t feel left out. You can teach intensity by providing your riders with the very best measure of their effort – their individual heart rate.

I’m a personal trainer (ISSA) and group exercise instructor. I’m certified to teach more than a half dozen indoor cycling methodologies as well as certified to teach Heart Zones® and the new 3-zone system, ZONING™ fitness, created by Sally Edwards.

I’ve found that introducing my riders to ZONING and offering the use of BLINK heart rate monitors, provided by our facility (purchased from ZONING fitness), simplifies tracking the intensity of a workout. The Blink monitors have LED lights that flash BLUE, YELLOW or RED. In a class, we can run through a couple of easy field tests and determine how to set each person’s 3 zones. The Blue zone intensity is a heart rate that is below T1 (The first ventilatory threshold). The Yellow zone is the range of heart rates between T1 and T2 (The second ventilatory threshold). The Red zone is above T2. Details can be found at www.ZONINGfitness.com.

When you look at this ride profile, you’ll see Easy BLUE Zones, Moderate YELLOW Zones, & Hard RED Zones. The focus is on the heart rate zones which are determined by the level of resistance and/or pace. Toward the end of this ride, we begin to use the beat of the music to provide pace/pedal stroke, and resistance to provide the intensity. The heart rate zone dictates the level of effort. It is clear to the rider if they need to increase (or decrease) their effort to maintain a particular zone.

As an instructor, you prepare your class by planning a ride and indicating intensity in 3 heart rate zones. Easy as 1-2-3: Blue, Yellow, Red. Your riders will really appreciate being able to measure their efforts based on their individual heart rates. While *my* riders know their zones and know what to expect in a class, I sub quite a bit for other classes. I can still offer this type of profile when subbing. Including word associations and RPE clarifies the effort. Invariably, participants come up at the end of class to tell me how hard they worked and how much they enjoyed their ride.

Finally, if you use Spotify, “follow” [my playlist](#) for the music.

Indoor Cycle Instructor PROFILE

Do you use Spinning® symbols? I use them in my profiles because I can see the “road map” at a glance. (Every certification offers tools for building class profiles that fit their formula for creating a class. I'd like to add that Cycling Fusion has a great Class Builder™ app available in iTunes)

I'd like to invite you try one of my rides at your studio ☺ and, if you visit Naperville, Illinois, join me at Edward Health and Fitness Center!

ZONING - JUST THE RIDE I NEEDED

(Total time of a song is in bold)

(Minutes not in bold indicate how long to hold a particular effort)

(3:24) The warm-up begins with a peppy Katie Herzig song, *Best Day of Your Life*. Easy BLUE Zone

(3:45) The Cars, Just What I Needed,

(1:00) Continuing the warm-up, Add enough resistance to the bike to feel like your favorite FLAT ROAD, find your favorite pace – one that you can maintain. You are working but it is *easy*. This is the top of your BLUE Zone.

(2:45) Cruise into your YELLOW Zone by adding resistance *and* picking up the pace a bit. You must have enough resistance to be in control as you come out of the saddle for :30* and pick up the pace a little more. Back in the saddle:30, maintaining that quicker pace. (Repeat)

Finish the last :45 out of the saddle. If you lost momentum, find it here.

This should have you coming to the TOP of your YELLOW Zone

(*Please note that even though we begin with some :30 movements out of the saddle, these are not performed as “jumps”. The cueing is for the rider to keep their weight over their feet/pedals, by hinging forward from the hips. The back is flat, hands placed on the wide part of the handle bars, about in the middle. No “meerkats” ☺)

(3:43) Cee Lo Green, Forget You,

Add a little more resistance. (7 or 8 out of 10) Stand and Climb .

Definitely TOP of your YELLOW Zone

Watch your heart rate, stay at the TOP of your YELLOW Zone. If you move into your RED ZONE, slow your pace or have a seat and decrease your resistance.

(4:27) Emeli Sande', Next to Me,

(1:00) Don't touch that resistance knob ☺ Time to get into your RED Zone! Still feels like a 7 or 8 out of 10 for resistance and effort - come on out of the saddle AND pick up your pace.

(1:00) Have a seat, take off a little resistance in order to keep a fairly quick pace.

(Although ☒ is the symbol for SPRINTS, here it just indicates a quick pace - we still have moderate resistance)

Try to stay in your RED Zone.

(1:00) Don't worry, if you dropped back into the YELLOW ZONE, you have another chance to see RED.

Add back whatever amount of resistance you took off a minute ago: find your 8 out of 10 resistance & come out of the saddle, pick up your pace, Attack your Hill!

(1:00) Have a seat, take off a little resistance in order to keep a quick pace, RED ZONE just a little longer.

(:27) Take off enough resistance to feel only the resistance of your Favorite Flat Road and settle into your Favorite Pace.

Indoor Cycle Instructor PROfile

(2 Songs 6:54) *Dynamite & Starships*, YELLOW ZONE

(1:30) A little music change & continue on your Favorite Flat Road at your Favorite Pace. Bottom of YELLOW Zone.

(1:53) Add resistance (Moderate) enough resistance to be in control out of the saddle, pick up the pace, Middle of YELLOW Zone

(3:31) Have a seat (Music change) Add a little more resistance – feels like a hill – no more than 8 out of 10.

SEATED CLIMB. Use the beat to find your pace (Push/Pull). Pick up your pace during the chorus. (approx. :20 ea)

(3:59) *Madonna, Jump*,

Resistance Check – you need a SOLID 8 out of 10. Challenge yourself, but no stress on the knees! Come on out of the saddle and CLIMB (Strength, Power). RED Zone

(This may be a long 4:00 for some. Offer riders the option to have a seat for a few pedal strokes and climb out of the saddle again when they are ready.)

(4 Songs 17:26) IN THE YELLOW ZONE

(1:00) **DJ Chiments Mashup, *Jump***, Have a seat, Take off a little resistance. Not too much - Keep it Moderate – like climbing a low grade hill or riding into the wind. Stay at the Top of your YELLOW Zone.

(1:00) Out of the saddle, pick up your pace and gain momentum

(1:00) Seated

(1:00) Out of the saddle.

(:30) Still out of the saddle, Pick Up Your Pace

(:45) Have a seat. Take off some resistance. Find you Flat Road Feeling and let your heart rate begin to drop to the bottom of YELLOW.

Music change. **Grace Potter & The Nocturnals, *The Lion The Beast The Beat***

For (:45) continue on that Flat Road until your heart rate is at the bottom of your YELLOW zone. Then add some resistance and come out of the saddle.

[At 1:40 into the song, pick up your pace. At 3:09 into the song, have a seat and stay on your quick pace!]

You Will Likely Cross into Your RED Zone.

(3:13) *Capital Cities, Safe and Sound*,

Have a seat, Add enough resistance to feel a challenging climb.

It is enough “gear” to push and pull the pedals on the beat of the music and feel challenged.

(3:30) *Queen, Don't Stop Me Now*

(:30) Take off some resistance – Back to your Favorite Flat Road, catch your breath.

After :30, pick up your pace - fast (feel the wind at your back)

[At 1:30 into the song, add a little resistance in order to control the pedals and pick up the pace - faster]

[At 2:15 into the song, pick up the pace – fastest.]

Continue to challenge yourself and sprint into your RED Zone.

Indoor Cycle Instructor PROFILE

(3:04) The cool-down begins with Katie Herzig, ***I Will Follow***
Take off some resistance – Back to your Favorite Flat Road
Cruise through Yellow down to the top of your BLUE Zone.
Keep your legs moving, let your heart recover

(3:45) Post class stretching off the bike

How do you end your class?

I offer riders the option to ride/recover longer on the bike or join me in some off the bike stretches in the cycling studio.

We move into another studio to finish for 15:00 of core and additional stretching.