



Indoor Cycle Instructor PROfile Orientation & Observation

Created by: Cameron Chinatti / Stages™ Indoor Cycling
Training Type: All levels -- beginner friendly
Cycling Specificity: Introduction to metrics
Total Class Length: 45 minutes

Note from John: Cameron's PROfile is specific to the FreeMotion S11 series of indoor cycles. With a little creativity on your part this profile could be used with any brand of Indoor Cycle that displays power.

Objective: Orientation & Observation

Our ride will consist of two primary objectives: the 1st- to orient ourselves to the console and learn it's basic functions. Then we'll observe the cause-and-effect relationship that your actions have on the information you see in front of you. Once we make it through 10 min. of orientation and warm-up, we'll begin to dive into today's goal the two components that drive Power: Force and Velocity!

Goal: Beginning in STAGE 2, you are going to get 3 opportunities to best yourself against four-minute efforts. Can you cover more distance with each repetition?

This might seem easy on paper, but putting it into practice is very challenging!

Warm-up mode/Intro

Length: 10:30

Intensity: Active Recovery, Zone 1, RPE<2

Cadence: just pedal!

If your participants have never seen the FreeMotion S11 series bike before, more than likely you will need an extra 5 minutes to cover basic bike fit. In the Stages indoor cycling methodology we call this FastFit™. FastFit™ has two objectives: Get class started on time and get riders in "the safe zone." The safe zone has traditionally been stated as 25-35 degrees of knee flexion. Of course, we prefer a more hands-on customized approach to the fitting process, and that's where LaserFit™ comes into play. However, this process is one that takes time and probably an advanced sign-up. Attached you will find our FastFit™ guide to help you get started.

Most importantly with the observation ride is controlling your group. There will definitely be many questions and more than likely conversations going on. Take control of your group by utilizing your microphone, keeping the volume low during the first 10 minutes, and choosing songs without lyrics so that you are easily understood.

"So by now I'm sure you have noticed that something new and exciting is affixed to the handlebars of your bike! Today's ride is all about exploring this new piece of equipment and experiencing action and reaction.

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Indoor Cycle Instructor PROFILE

10 min. of orientation and warm-up, we'll begin to dive into today's goal the two components that drive Power: Force and Velocity!

If you happen to have a USB stick, please plug it into the USB port at the front of the console BEFORE you start your ride. Any USB stick will do and using it is totally optional. This feature is for us data junkies out there that want to capture information as it pertains to our ride, but again it's just an option. Now that we're all comfortably peddling along, let's go-ahead and wake up the console. Some of you may have noticed that your console may have already moved into warm-up mode. If so, great DON'T press any buttons. If you see nothing on your screen, press any button to wake up the console and move into warm-up mode. Raise your right hand once you are in warm-up mode."

There is so much information that can be covered during warm-up mode, but most critical in this first ride is understanding how to link your heart rate monitor's chest strap (if you are wearing one) to your bike, as this can only take place in warm-up mode. After which time, this feature is no longer available.

"Warm-up mode is the only time during your ride that the console can discover your heart rate monitor's signal. Your chest strap, that is. Who is wearing a heart rate monitor today? Has the console discovered your heart rate yet? Great! If not, here are two tips that will help. First, it's really important that you have some sweat build up or moisture between the chest strap and your body. This provides the conductivity necessary to pass the signal along. Don't wait!! If your heart rate has not been discovered once we press the "STAGE" button, it will NOT be discovered for the remainder of the ride. If sweat is present and you still don't have visual confirmation of your HR. Stand up out of the saddle while pedaling and hover closer to the console itself. This is the only time I'll ever use the word "hover" again! The closer your chest is to the console, the better. Do all my HRM users see their heart rate on the screen? Great! Let's move on... See the button on the far left that looks like a light-bulb? Press that button. You just discovered your back-light. Use this as often as you need during today's ride.

STAGE 1: Still warming-up but with structure

Length: 6:00 min

Intensity: Active Recovery/Low-end endurance, Zone 1-2, RPE < 3

Cadence: Exploring your cruising altitude cadence

Managing time is often a new concept for indoor cycling instructors. With a console in front of each of your participants, gone are the days of "lying" about how much time remains. If you say, "2 minutes" and at 2:12 you're still telling them to work, you'll receive some nasty-looks. So, be honest! Time is started with the STAGE button. With every press of the STAGE button, time will start over. Think of this as a lap-reset button. How you choose to slice and dice the time segments of your class, is totally up to you. Over the next 6 minutes you are giving them permission to explore magnetic resistance all while capturing data that will allow them to discover their average cadence. This will be used as a personal indicator during their first 4-minute attempt. *"As a group, we're going to press the STAGE button. That's the one in the middle. Index finger to the ready... in 3-2-1 press the stage button! Check it out! You've*

Indoor Cycle Instructor PROfile

probably noticed that time is ticking away and the right-hand side of your screen now represents your AVERAGE information. So why care about averages? Well, averages allow you to see consistency in your work load over time and they change much less frequently than the real-time information on the left, making it more user friendly. To help demonstrate this concept and to move along the warm-up continuum, let's attempt 3 RPM pick-ups. How does the action of increasing leg-speed affect the console data?"
RPM Pick-up: (30 X 30)3

30-seconds increased leg speed, enough to feel that this is slightly out of your comfort zone. Followed by 30 seconds returning to your cruising altitude RPM. After these 3 minutes of pick-ups...

"You now have 60 seconds to get your real-time RPM (left-hand side) to match your current average RPM (right-hand side). This is your new "magic number!" And it is the cadence that you are stuck with for the next 4 minutes. Stage 2 will be your first opportunity to see how much distance you can cover in 4-minutes and without changing your leg-speed. Consider this your practice round, because you're going to get 3 shots to go the distance. Each of these attempts will be followed by ample recovery. Who's ready to do this?! ...In 3-2-1 press the STAGE button."

STAGE 2: USE THE FORCE!

Length: 4:00 min

Intensity: Endurance/Tempo, Zone 2-3, RPE 2-4

Cadence: Fixed!! As identified in STAGE 1

The choice is yours whether you choose to let your participants in on the learning lesson here, but essentially we are teaching them to manipulate the FORCE component of the following equation:

$$\text{POWER} = \text{FORCE (resistance)} \times \text{VELOCITY (rpm)}$$

When you ask your participants to add resistance, the temptation for many is to let the leg speed slow-down. This prevents them from being able to actually increase their power output. This exercise of fixing on piece of the equation while manipulating the other, is a sure-fire way to help them achieve an "a-ha" moment.

" You've got your magic number, right? Great hold it steady. No matter what happens, your primary objective is to not let that magic RPM number drop. At the top of every minute we are going to add enough resistance that you feel a noticeable "tug" in your legs, particularly those quads. This doesn't need to be a huge gear change, just enough to notice. From minutes 3-4 just hang on and don't loose that RPM!" With 30 seconds remaining... " I need you to look towards the very bottom of your screen, check out your distance. How far have you gone in this stage? Begin to memorize that distance. Burn it into your memory, because next time you're going to beat it!"

NOTE: You'll need to ask them to memorize mutiple times. People just aren't used to doing this... yet! At the end of the 4 minutes, have them hit the STAGE button and

Indoor Cycle Instructor PROfile

recover. As soon as they have their wits about them, ask if they still remember their distance travelled over 4 minutes. DON'T FORGET!!

STAGE 3: Recovery

Length: 3:30 min

Intensity: Low-end Endurance, Zone 2, RPE 2-3

Cadence: Just find something comfortable

Three and a half minutes of recovery might seem like a lot, but if we're really going to ask them to cover at least one-tenth of a mile (which is quite a bit!) in the same 4-minutes of time, they will need ample recovery. Remind them that they're 2nd attempt happens at the conclusion of this recovery song and that the tactic this time is to manipulate the velocity (RPM) side of the equation. Use the last 30 seconds of recovery to begin dialing into a resistance that represents challenging, yet sustainable work within a cadence range of 65-85RPMs.

"Before we get too intent on distance goals, do me a favor. Reach down and press the button on the far right. The one that says AVG/END. This gives you your RIDE data. In other words, it's your progress report! You can see how long we've been riding for, your ride averages on the right and something new... MAX values on the left. You can press this button whenever you want during our ride to help you get a reference point.

Alrighty folks, remember your distance from STAGE 2? Let's try and beat it this time around by at least 1/10th of mile. To set us up for success I'm going to ask you to look at your real time RPM (left-hand side). Let's find a cadence within the 65-85RPM window. ...Once there start dialing into the resistance so that sustain that RPM is doable, yet challenging. Staying here for 20 minutes would be possible, but it would not be fun. Got it? Great! Just like before at the top of every minute I'm going to ask you to increase your RPM by 1-3 pedal strokes WITHOUT touching that dial. Let's do this. In 3-2-1 hit the STAGE button, we're now in STAGE 4!"

STAGE 4: TURN IT OVER, TURN IT OUT

Length: 4:00 min

Intensity: Tempo/ Lactate Threshold, Zone 3, RPE 3-5

Cadence: Start with an RPM within 65-85RPMs, it increases with every passing minute.

This is the same exact idea as STAGE 2, only now we're playing with the velocity side of the equation. Here the temptation will be to turn the knob to the left (a temptation we all know well!). But the force component is fixed. Once you've established a substantial working resistance, stick with it until the end of the 4 minutes.

"...As you pick-up your pedal stroke count you're beginning to realize that these 1-3 RPMs are making a BIG difference in your perceived effort. Some of you may like the way this feels better than STAGE 2, some of you may dislike it. Regardless, take note of how this is effecting your heart rate AND if you'll make it past the STAGE 2 distance

Indoor Cycle Instructor PROfile

goal.” ...With 30 seconds remaining... “ I need you to look towards the very bottom of your screen, check out your distance. How far have you gone in this stage? Begin to memorize that distance. Burn it into your memory, because next time you’re going to beat it!”

NOTE: Immediately after Stage 4, some people are going to be stoked and others are going to feel defeated. The next recovery is designed to help them understand that not all tactics work for everybody! With this level of instant feedback they will quickly discover their preferences in creating POWER as well as their strengths and limiters.

STAGE 5: Extra Recovery... time to prepare!

Length: 5:30 min

Intensity: Active recover, Zone 1, RPE < 2

Cadence: 80+ RPM

At this point in class, they will most likely be elated to have the additional recovery. This is a great time to walk around, chat with your people, give them a “social break.” Because this is new, see if they’re having technical difficulties or answer any questions. Recommend that they hang out on the higher end of the RPM spectrum with minimal resistance to help facilitate flushing of the systems. Get them psyched for their last attempt to GO THE DISTANCE!

“Good news/Bad news. The good news: You have a full 5 minutes of recovery remaining! The bad news: We have to make it thorough one additional 4-minute effort, and I want you to beat your best distance set, thus far. But guess what? More good news! This time, it’s up to you. The tactic you decide to take is your choice. You add resistance how you want to, when you want to. You play with RPM at your discretion. In the saddle, out of the saddle, whatever you want (within reason!). Your motivation is beating your best distance goal today. Who’s in?!”

STAGE 6: LAST CHANCE EFFORT

Length: 4:00 min

Intensity: Lactate Threshold/VO2 Max, Zone 4-5, RPE = MAX

Cadence: Rider’s choice

What’s so interesting about giving people choices is that you learn a great deal about them. Prior to having information, most people have had to take a wild guess at their capabilities; now, they’re seeing it with their own eyes and in real-time. This will excite some people and disappoint others. However, in order to set goals for yourself, you have to know where you stand. Today’s ride is a good way to establish a frame of reference.

“ ...Folks I know that comfort is the last word that comes to mind, but with every passing minute make some kind of a change that positively impacts the numbers you see on the screen. At the 2-minute mark we’ll have reached your split. Do a little math here... Are

Indoor Cycle Instructor PROfile

you half-way to your new distance goal? If so, fantastic... stay the course! If not, you need to achieve what's known as a negative-split. That means the last 2 minutes must be faster than first. Hang on for dear life and give me everything that you have left!"

STAGE 7: COOL-DOWN / STRETCH

LENGTH: 8-10 min

Intensity: Active Recovery, Zone 1, RPE <2

Cadence: Rider's choice

Celebrate with your people! They just took a HUGE first step into the 21st century. Yes, change is scary, but with the right leader it's not so bad!

"We learned a TON over the last 40 minutes, didn't we?! Did you enjoy the consoles? I know I do! What you did today is the first big step towards measurable progress—which is what I'm all about! For those of you that brought USB sticks today, once we end our ride you'll be able to take the results of your ride along with you. Plug the data into TrainingPeaks.com, Strava, Endomondo... you name it. This will give you an opportunity to see what really took place. It's very enlightening.

Let's end our ride. Press and hold down the AVG/END button until you see the word RESULTS pop-up at the top of your screen. That's it your report card is there for you to see. Aren't you proud of what you just did!?"

While we stretch, does anyone have questions about the console or the ride itself...?"

THE MUSIC:

[William Orbit – Water From A Vine Leaf](#)

[U2 – Magnificent - Adam K and Soha Club Mix](#)

[Edward Maya ft. Vika Jigulina – Stereo Love](#)

[Zero 7 – Salt Water Sound](#)

[David Guetta – Titanium \(feat. Sia\)](#)

[Vanessa Da Mata – Boa Sorte](#)

[Finley Quaye – Even After All](#)