



It never gets easier, you just go faster. ~ Greg LeMond.

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Training Type - High Intensity

Working HR Zones - Zone 4 - 5c

Total Class Length - 45 minutes of warm up and work efforts.

The purpose of this class is threefold:

1. Push your intensity threshold - allow your body to perform beyond what your mind thinks is possible to attain
2. Push your anaerobic threshold - improve fitness with high end training
3. Push your endurance threshold - work at maintaining a very uncomfortable perceived exertion for longer periods of time.

As the instructor, this is the most important part of your job - cueing this intensity and using words to help the students know how to maintain it.

I live and teach on a small island off the coast of South Carolina, we have VERY flat roads. As a result, many outdoor cyclists who live here spend much of their training time on speed building. It is important to note that both the outdoor road cyclist and indoor cycling enthusiast can benefit from this workout. To improve speed, riders should work at their anaerobic threshold.

Both experienced and new riders can use this ride to improve speed at threshold. The intensity of this ride will range from Zone 2 during recovery all the way up to Zone 5. If your classes are not used to zone training, then using perceived exertion for effort level will work great. As their coach, let them know that the class will range from effort levels that are fairly light to effort levels that are VERY VERY HARD.

The profile is cued by intensity and whichever method used is fine (zone methodology vs. perceived exertion vs. physical effort).

It is important to talk the students through each intensity effort and verbalize what their heart rate intensity should feel like. Before I coached this class, I printed out the below chart for each student so that they could refer to it during class.

Rate of Perceived Exertion/Zones Based on Anaerobic Threshold

<u>AT ZONE</u>	<u>PHYSICAL EFFORT</u>	<u>RPE</u>
Z1	Very Light	6-9
Z2	Fairly Light	10-12
Z3	Moderately Hard	13-14
Z4	Hard	15-16
Z4	Very Hard	17
Z5	Very Very Hard	18-20

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There are three distinct parts to this ride to this ride - each section building upon the previous one.

PART I - Finding your “threshold” and holding it. (approximately 10 minutes)

PART II - Intervals above threshold with recoveries below threshold (approximately 10 min)

PART III - Threshold ride with short intervals above threshold with insufficient recovery (approximately 10 minutes)

At a given intensity your body can ride a a given speed or pace. The training goal of this profile is to increase speed/cadence at that given intensity. This workout is designed for that purpose as well as to work the high end of the fitness spectrum. I usually give a couple of days’ notice to the class before we do this workout so that if they have a heart rate monitor they can bring it.

Song 1 *Burned with Desire* (Rile & Durrant Vocal mix) Armin Van Buuren feat. Justine Suissa 9:55

Proper warm up is crucial for this profile. It is important to get your entire body ready for the work efforts coming up in this class. After about 5 minutes on a flat road, tell the students it is time to get out of the saddle and begin to raise their intensity. Cue the students to add some resistance - not too heavy and do some 30 second speed work. Then have the students make their hill even steeper and finish warming up the legs as well as the heart. Let the class know that by the end of this song, it is beneficial to be in Zone 3 (moderately hard effort).

This is the time to talk the class through the three efforts that they will perform today. Tell them that each effort builds upon the previous effort and ask them to commit to staying focused and on task during each section.

Song 2 *How Many* (DJ Manolo & Gene Therapy Mix) Taylor Dayne 9:35

The goal of this song is to set the baseline effort level for the rest of the class. This is best done in the saddle with moderate resistance. For outdoor cyclists, I cue this as a flat road with a pretty strong headwind. The goal is to begin increasing speed until the heart rate levels out at a VERY HARD effort level. It will take several minutes to get to this intensity. Tell the students to do the talk test when they feel that they are at threshold. If they can say more than a few words at a time, then they need to increase their intensity either through higher cadence, more resistance or some combination of both.

During this song, I tend to walk around the class and try to engage students in a conversation. If they can readily reply to my questions then I know that they are not at threshold and I help them get to the proper intensity! This is the fun part - coaching the participants on what a VERY HARD effort level feels like. For many students this is a scary place to go and it is your job as a coach/instructor to help them here.

If you have a new student or a student that is coming back to indoor cycling after a long layoff, this song can easily be broken up into two 4 minute sections with a minute and a half recovery in between. The outdoor cyclists will know exactly what you are asking of them and probably need very little coaching to achieve the required intensity. Make sure your students know that endurance at Threshold is challenging but manageable with focus and tell them to push any distractions out of their mind. The “voice” inside their head will tell them that they want to slow

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down and recover but if they stay focused and you the instructor coaches them they can maintain this intensity!

Song 3 *Just Say Yes* 4:41 Snow Patrol Up to Now

Recover!!! Tell your students to lighten their resistance back to a flat road and cycle at a comfortable pace. Once breathing is under control and the class is able to focus, now is the time to preview the next song. Tell them that the last 10 minutes of effort was to get them ready for the intervals up next! Explain to the class that the intensity is about to get higher! Tell them that you want to push their effort higher than threshold, but that there is also recovery. So the goal is to go above the effort that they sustained in Song #2. It is important for them to know that there will be portions of the next song that are in Zone 2 (Fairly Light effort).

Song 4 *Here Comes the Rain Again* (Extended Mix) 9:37 N.R.C.

INTENSITY INTENSITY INTENSITY !!

The plan is to have 45 seconds of effort in Zone 5 with 45 seconds recovery in Zone 2. As I coach this section of class, I usually let the student pick how they want to approach this interval (seated flat, seated climb, standing climb etc.) It is the intensity that is important during this phase of the profile. I want each participant to FEEL the intensity and this is best achieved if they enjoy what they are doing. Zone 5 is not comfortable so if they get to choose their position and resistance it makes it a little more fun!

Each student will have a favorite position and allow them the opportunity to choose. Each interval could be done on a different terrain if they want. This section allows the opportunity to get out of the saddle if they should so desire. It will be imperative to verbalize to the students that THEY WILL GET BREATHLESS! Embrace the high intensity.

This is a 1:1 work recovery ratio. Do 5 sets of 45 second intervals with 45 seconds of recovery in between. The students should be coached that this is max effort and 45 seconds might be too long. Give them permission to only do what their body dictates. Allow for 3 minutes of full recovery after the last interval.

Song 5 *Travelling Light* (feat. Anita Kelsey) 8:45 Markus Schulz, Without You Near Dance

This last song will put together all that has been performed so far. I explain to the class that they will get to threshold and then for very short periods of time they will push their effort level/heart rate above threshold and then bring the intensity right back to threshold. I cue this as simulating an outdoor road race.

The riders will ride at threshold and then as they pass other cyclists they will go above threshold for 10 or 15 seconds and then settle back into a threshold intensity. So effort level (based on the chart above) will fluctuate between VERY HARD and VERY VERY HARD. Once again, it is appropriate to tell your beginner riders/deconditioned riders to modify this workout to a lower intensity.

Cue the class to get their heart rates/effort level back up to threshold as quickly as possible. I find that this is best done on a moderate seated hill. For the first 30-60 seconds of the song, the class can stand to build speed and raise their heart rate. Then tell them to ease back to the

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saddle and settle into the effort level. They are welcome to do the talk test to themselves just like in the first effort level (song #2). I always joke with the class and tell them that I will turn the music up so that no one will hear them talking to themselves!

Several minutes into the song begin the short intervals. The increased heart rate will be achieved by adding speed not resistance. This is so that no adjustment to resistance is needed during the entire song.

All of the changes to heart rate and effort will be achieved through cadence changes. 15-20 seconds should be more than enough time of increased speed to get a rise in heart rate. Let them know that they only need to raise their heart rate a couple of beats, it does not need to be max effort...just enough to go OVER threshold slightly.

It will be important to let them know that when the interval is finished they should only slow down slightly! They need to settle right back in at VERY HARD effort (threshold). This is where you as a coach should verbalize that their bodies will want to slow their leg speed and recover but they need to “push through their threshold” of what they think they are capable of. Every several minutes, add one of these speed intervals until the song is done.

This is not only a great coaching opportunity, but a great work effort for your student!

Song 6 *Money* (That's What I Want) [Jim Beam's Live Music Series Version] David Gray 3:54

Recover and cool down

Song 7 *Between the Raindrops* (feat. Natasha Bedingfield) 4:46 Lifehouse

Stretch

These are a few of my favorite bicycle quotes that you might enjoy mentioning to your class!

There will be a lot complaining that today was too hard, but the winners never complain.
~ Phil Liggett Tour de France commentator

Whoever invented the bicycle deserves the thanks of humanity.
~ Lord Charles Beresford

Melancholy is incompatible with bicycling.
~ James E. Starrs

Cycle tracks will abound in Utopia.
~ H.G. Wells

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Push Your Threshold Playlist

All songs are available on iTunes – Here is the [Spotify PRO/Playlist](#) – w/*substitutions*

1. *Burned with Desire* (Rile & Durrant Vocal mix) Armin Van Buuren feat. Justine Suissa
2. *How Many* (DJ Manolo & Gene Therapy Mix) Taylor Dayne (iTunes only)
3. *Just Say Yes* Snow Patrol - Up to Now
4. *Here Comes the Rain Again* (Extended Mix) - N.R.C.
5. *Travelling Light* (feat. Anita Kelsey) - Markus Schulz
6. *Money* (That's What I Want) [Jim Beam's Live Music Series Version] - David Gray
7. *Between the Raindrops* (feat. Natasha Bedingfield) - Lifehouse

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