



## RACE DAY

### RACE DAY

Created by: Mark Peterson

Training Type: High Intensity Training (HIT)

Training With Power (85%-100% FTP)

Class Length: 60 Minutes

For the love of the Road Race! The inspiration for this ride was the recent Pro Cycling Challenge in Colorado but the ride is generic in the sense that you could do this ride as a stage of any Cycling Race. The objective of the ride is to educate my students on the sport of Bike Racing, entertain and to provide some of those moments of lung splitting, leg busting intensity that is Road Racing!

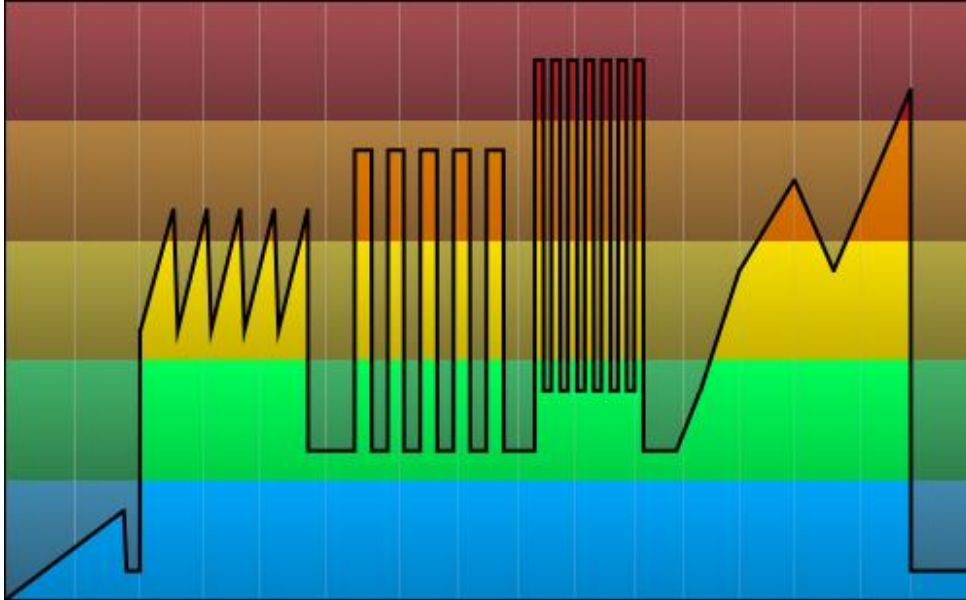
### ClassBuilder

The profile for this ride was built with an APP from the great folks at Cycling Fusion. It was constructed on my IPAD which I use to project the profile in all of my classes. You don't need to use Class Builder to enjoy this ride and as entertaining and informative as it is when projected in the class, you can still run a great class even if you are the only one seeing your profile. I love the versatility of this program and how powerful it is becoming with each upgrade.

For example, with this profile I taught it to a morning class, which is a younger more competitive group and the playlist is Top 40, which they love.

For my evening class that is a Baby Boomer group, I took the same profile and with Class Builder, one click I duplicated the class and a few more clicks I swapped out the entire playlist to a more age appropriate Classic Rock version. Same great ride two different playlists and everybody is happy. Best of all I have both classes archived for future use! Building profiles now is not just quick but strategic! We all experience parts of our rides that you know worked well just by the energy in the class and feedback you get from your students. Now with the latest version of Class Builder, I can cut those parts of a ride I loved and paste them into a completely new ride. Continually improving the profiles I present to my classes. This is a great tool to have in your arsenal, If your classes are already full this will keep you current, if they are not full now they will be, students love to train this way.

## Indoor Cycle Instructor PROFILE



### OVERVIEW

This is a 60 minute ride that is divided into 5 segments to reflect the Road Race:

- 1) Warm Up: The start where racers start to feel each other out with lots of gentle accelerations in and out of the saddle as we warm up the heart, lungs and legs.
- 2) Chainsaw: This segment simulates where the race start heating up. There are 5 legs in this segment, each one starts at a high cadence and slows as you add gears/resistance to the top. Over the top of each leg you take the gears/resistance off and reset the high cadence and start the next leg. The segment is continuous with no breaks.
- 3) Quad Killers: These are 60 sec on/60 sec off X 5. This segment simulates that part of the Race that demands strength to hold on with the group.
- 4) Speed: These are 30 sec on/30 sec off X 7. This segment simulates speed. It is the sprinters stage!
- 5) Mountain Stage: This segment has two big climbs with a Hill Top finish!

### INTENSITY

This profile was developed for experienced cyclists! I teach on both Keiser and Schwinn AC Pro cycles that have RPM, Watts, Heart Rate and Speed capabilities. We will be using Power and working to hold our Functional Threshold Power for the duration of each of these segments. You can also simplify and work with Power Zones/HR Zones or the Rate of Perceived Exertion Scale (RPE). I like to work with Power and to get my students to understand what their Functional Threshold Power number is and how to train with that number. 1 minute Power will be higher than 4 minute power, 20 minute power or hour power. Having said that the target goal in each of these segments will be 85% Threshold pushing to 100% Threshold, except in the Speed Segment which is a VO2 Max Effort.

## Indoor Cycle Instructor PROfile

### **THE PARTY STARTS HERE!**

This is my favorite part of the class! I meet and greet every student. This is easier than it sounds as typically 95% of my class are regulars that have been training with me for years. I am already familiar with their talents, goals and am always helpful with suggestions on things they can do to take their fitness to the next level. New folks offers me an opportunity to meet them and learn what their skill/fitness level is at for this class. Discuss the bike, bike fit, the computer and options they can employ to get the most out of this class based on their current fitness level. Above all not to be intimidated by the experienced students they are riding with and when it becomes difficult to sustain the current effort, hold cadence over power. Keep your pedal speed and reduce the gear/resistance until you start to recover/feel better and then add the gear/resistance and dial the power back up. Once again Class Builder is promoting the show with a pre-ride playlist and a slide show. I fill the slide show with Club announcements, upcoming events, educational/nutritional tidbits, and motivational photos! I even put a shot of today's profile that I emailed to myself through the program and drop it in the slide show. Students love to see what is coming up!

### **THE RACE GETS GOING**

This is my time for the final pep talk and explanation of the Profile for Today's Ride. A time to reflect on your personal goals and expectation for the ride.

**Warm Up (7:00)** The Race begins and riders are checking out the competition and heating up the legs and lungs. Our goal is to get warmed up for the workload ahead. Your effort during the warm up should touch threshold watts during the high cadence runs and bring your heart rate up to a point that you start breathing through your mouth.

0:00-1:00 minute: Bring the cadence up to 90RPM and add resistance/gears until you start to feel the wheel. That point where you are actually working not riding the momentum of the wheel. You should be able to feel your quads start firing.

1:00-2:00 minute: Increase the cadence to 100 RPM. Make sure you have enough resistance on the wheel that you are not bouncing in the seat. We are warming up.

2:00-3:00 minute: Increase the gears/resistance and slow the cadence to 80RPM. When you hit 80RPM come up out of the saddle, holding on to the cadence.

3:00-4:00 minute: Back in the saddle and increase the cadence to 90RPM. Adjust the gears/resistance again just enough that you are not bouncing in the saddle.

4:00-5:00 minute: Increase the cadence to 100RPM for the next minute.

5:00-6:00 minute: Add the gears/resistance back and slow to 80RPM. Back out of the saddle for the next minute.

6:00-7:00 minute: Back in the saddle and increase the cadence to 90RPM.

Song 1: Your Body - Christina Aguilera (4:15)

Song 2: Push - Matchbox Twenty (3:54)

## Indoor Cycle Instructor PROfile

### RECOVER/WATER BREAK 2 Minutes

**Chainsaw** (10:00) Here is where the Race kicks up. Usually at this point, racers start attacking the front and pushing the pace. This segment has 5 two minute legs. It is a continuous segment with no breaks. We start the leg at 100RPM adding gears and pushing Watts to about 85% of Threshold. After 40 seconds, we add gears/resistance and slow the cadence to 80RPM. The last 40 seconds you shift again adding gears/resistance pushing 100% Threshold Watts and coming out of the saddle the last 20 seconds. Over the top you are back in the saddle. reset the gears and cadence increased to 100RPM starting the next led doing it 4 more times. With Class Builder the cueing is programmed into the ride and keeps you on track!

Song 3: Catch My Breath - Kelly Clarkson (3:57)

Song 4: Turn Me On - David Guetta (3:24)

Song 5: I'm Walking on Sunshine - Aly & AJ (3:55)

### RECOVER/WATER BREAK 3 Minutes

**Quad Killers** (9:00) Now is the time in the Race when we find out who has got the legs to reach the podium! These are 60 seconds on/60 seconds off intervals X 5. How we do these intervals is what makes them challenging and gives them the name quad killers. You slow the cadence 60-70 before the interval and add enough gears/resistance to load up the wheel. The first 20 seconds of the interval you are out of the saddle, the 2nd 20 seconds back in the saddle bring the RPM to 90 and the last 20 seconds back out of the saddle holding cadence 70-80 RPM. 20-20-20 5 times, if you do these with the right resistance meeting your cadence goals, you will definitely feel the burn in your quads! Our goal is to hit our Threshold Watts goal on each of these intervals.

Song 6: Some Nights - Fun (4:26)

Song 7: Die Young - Ke\$ha (3:30)

Song 8: One More Night - Maroon 5 (3:38)

### RECOVER/WATER BREAK 2 Minutes

**Speed** (6:30) This is the toughest segment of the ride and where the sprinters come to the front. These are 30 seconds on/30 seconds off X 7. I explain 30 second power is off the charts, we can all push huge watts for 30 seconds (if they need a goal I suggest twice their body weight as a number to reach for, not to sustain but to hit) These are high cadence intervals 100 RPM plus. You hold 100 plus RPM for 30 seconds, then soft pedal 60-70 RPM (don't touch your gears/resistance) for 30 seconds and come right back to 100 plus RPM. Seven times! These are tough you are pushing VO2 Max.

Song 9: Super Bass - Nicki Minaj (3:19)

Song 10: Let's Go - Calvin Harris (3:39)

Song 11: You Get What You Give - New Radicals (4:02)

## **Indoor Cycle Instructor PROfile**

### **RECOVER/WATER BREAK 2 Minutes**

**Mountain Stage (14:00)** The final stage of the Race! Two hard climbs with a Hill Top Finish! This is where the climbers come to the front blowing up the field and your chance to go with them or just grind it out and finish the stage. The first climb is in 3 segments:

Segment 1 (2:00): We start the climb holding 90RPM and quickly push ourselves up to Threshold Power! If you have students that don't have a number for Threshold Power, instruct them to shoot for their weight in Watts!

Segment 2 (2:00): This segment we add a gear/resistance and slow the leg speed to 80RPM. We will do two 30 second efforts out of the saddle in this segment. If you are using Class Builder the Out of Saddle efforts are queued into the climb.

Segment 3 (3:00): The final push to the top, we again add a gear/resistance and slow the leg speed to 70RPM. Our goal is to hold Threshold throughout the climb, same power different cadence.

At the end of the 7:00 minute climb we push over the top, back in the saddle, take a gear/resistance off increasing to 90RPM and start a 2:00 minute descent positioning us for the final climb. The last minute before the bottom and starting final climb, increase the cadence to 100RPM.

The final Climb to the finish is 4:30 minutes! We start the climb slowing the leg speed from 100RPM to 80RPM and quickly push up to Threshold Power. The final climb is in two segments:

Segment 1 (1:30) We take the first minute to settle in on the climb holding 80RPM and Threshold Power. The final 30 seconds we are out of the saddle!

Segment 2 (3:00) This is the final part of the ride and time to whip up the enthusiasm that they are almost finished! We slow the leg speed back to 70RPM and grind it out to the finish. Every minute of the last 3 minutes, we spend 30 seconds out of the saddle!

Song 12: Misery - Maroon 5 (3:22)

Song 13: Good Time - Owl City and Carly Rae Jepsen (3:18)

Song 14: Try - Pink (3:59)

Song 15: We Are Never Ever Getting Back Together - Taylor Swift (3:00)

### **COOLDOWN**

Time to unwind/stretch for the final minutes you have with the class!

Song 16: Begin Again - Taylor Swift (3:54)

## **Indoor Cycle Instructor PROfile**

### **Conclusion:**

This is a challenging and fun ride! Class Builder really lets you step your classes up to the next level. With this program I have created an email list for each of my classes and I can quickly send them the Profile, a description of the ride and the playlist. I can't tell you how exciting that is for my students. You want people fighting over getting into your classes give them a peak of what they will be missing if they are not in class! And finally, this submission was extracted from the reports created by Class Builder! How cool is that.

## Indoor Cycle Instructor PROfile

### Quick PROfile

Created by: Mark Peterson  
Training Type: High Intensity Training (HIT)  
Training With Power (85%-100% FTP)  
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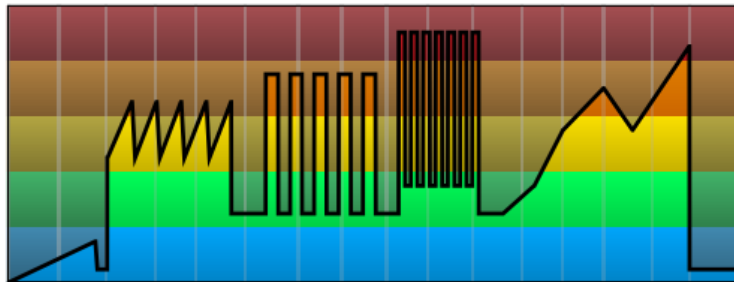
# Race Day



**Class Time: 59:33**

**Points: 166**

	Z1	Z2	Z3	Z4	Z5
(points)	13	39	52	37	25
(time)	19%	31%	27%	14%	6%



#### Warm Up: 7 Minutes

We warm up with gentle surges of speed and power, adding resistance and increasing cadence to 100RPM. We then add more resistance and slow the cadence back to 80RPM and come out of the saddle, also a minute. The sequence would start at 90RPM, 100RPM, 80RPM, 90RPM, 100RPM, 80RPM and finishing at 90RPM (1 minute for each shift, out of the saddle when you slow to 80RPM and finishing at 90RPM). The goal is to warm up, just enough on the wheel that you are not bouncing in the saddle.

#### Chainsaw: 10 Minutes

This segment has 5 legs of 2 minutes each. The bottom of each leg starts at 100RPM (85% FTP/7 RPE), every 40 seconds we shift/add gears, first to 90RPM and finally to 80 RPM (100% FTP/RPE9). The last 30 seconds of each leg we come out of the saddle. We do this continuously for each of 5 legs. So at the top of each leg you are out of the saddle at 80RPM and from there you are back in the saddle, reset your gears, increase the cadence to 100RPM and continue the next leg.

#### Quad Killers: 9 Minutes

60 second intervals times 5! Prior to commencing each interval slow the leg speed 60-70RPM and add gears/resistance to the wheel. We start the interval out of the saddle for 20 second, back in the saddle for 20 seconds (90-100RPM) and out of the saddle for the last 20 seconds! One minute recovery and continue 5 times.

## **Indoor Cycle Instructor PROfile**

### **Speed: 6 Minutes 30 Seconds**

30 second intervals times 7! High cadence, VO2 max efforts (RPE 10). Give it all you got. We start the first interval bring our cadence up to 100RPM and adding as much power as you can for 30 seconds. Upon completion of the interval you soft pedal, slow the cadence down for 30 seconds and then attack the next interval 7 times! Our goal is to consistently hit the same cadence and power numbers on each interval.

### **Mountain Stage 14 Minutes**

Two mountain climbs to finish the ride! The first climb is seven minutes and 3 segments. These are power climbs pushing and maintaining FTP (100%FTP/RPE 8). We slow the cadence for each segment and still hold onto our FTP. During the last minute we come out of the saddle. At the top of the first climb we push over and increase the cadence 90-100RPM reducing our gears/resistance descending for 2 minutes.

The second and final climb is 4:30 minutes. It is two segments both at 100% FTP changing cadence in each segment. The last minute as we push for the Hill Top Finish we are out of the saddle.

### **Cool Down and Recovery**



## **Indoor Cycle Instructor PROfile**

### **RACEDAY PROFILE**

Playlist:

- Song 1: Your Body - Christina Aguilera (4:15)
- Song 2: Push - Matchbox Twenty (3:54)
- Song 3: Catch My Breath - Kelly Clarkson (3:57)
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