



## Racing with Pros Extended Criteriums

Created by: Dave Santiago  
Training Type: High Intensity Training (HIT)  
Class Length: 60 Minutes

### Object and Intensity

- The “The Racing with Pros” is a 60 minute profile that provides a challenge to all levels of indoor cyclists.
- The profile introduces riders to criterium racing where we ride a 4 minute loop several times.
- The course can be ridden in and out of the seat depending on skill level.
- To measure the work effort you can use heart rate monitors, Zone Training 1 to 5, or rate of perceived exertion on the scale of 1 to 10. This is up to the instructor who knows their class and what works best for them.
- For this profile I'll explain in terms of RPE and zones.
- The complete profile starting with the trial run ranges from RPE 4 to 9 or zones 2 to 5.
- The premise for the profile is that the class has entered into a race that is open to all riders. The competition contains 4 skill levels of cyclists with racing intensity to match. We have the:
  - **Novice** who is new to racing. The novice will take the course at RPE levels 5, 7, and back down to 6 or in zones 3, 4, and 3. They get to ride the course in and out of the seat.
    - At levels 5, 7, and 6 the cyclist will get to experience the race at a hard aerobic level while hitting threshold for a minute.
  - We also have the **Advance** rider who has raced before and is trying to get better at their craft. The advance racer rides the course at the same level as the Novice, but stays in their seat perfecting their cycling form. No bottom breaks or using body weight to put in the extra effort that is demanded in the criterium course.
    - The concept of staying in the seat is something that a majority of indoor cyclists are not used to as standing is incorporated into most class profiles. However, the experienced outdoor cyclist typically rides in their seat for much longer period of time and is the norm. So another objective of the profile is to encourage riders to take the course in their seat as they would outside.
    - At levels 5, 7, and 6 both the Novice & Advance cyclists will be challenged to race from below threshold (aerobic training) to a threshold level experiencing a hint of burning sensation in the legs that comes from reaching an RPE level 7.
  - The next two skill levels of racers are the **Elite and Pro** riders. They are both at the top of their craft and very experienced. They will ride the same criterium course but at higher RPE levels to match their expertise.
  - The **Elite** cyclist will take the course at RPE levels 6, 8, and back down to 7 or in zones 3, 4, and 4. They will spend more time racing at threshold, but get to ride the course in and out of the seat.
    - At levels 6, 8, and 7 the Elite cyclist will be challenged to race from just below threshold (aerobic training) to working at threshold for 3 minutes. The riders breathing will become heavier, but should stay in control and not be out of breath. The sensation of a leg burn should be more noticeable at the longer threshold effort.

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- Finally the ultimate **Pro** cyclist will race at levels 7, 9, and 8 or ride or through zones 4, 5, and 4. Of course the strong Pro will race in the seat the entire course.
  - At levels 7, 9, and 8 the Pro cyclists will start at threshold and will be expected to go above threshold during the second minute of the 4 minute loop before bringing the race back down to a Threshold level. The one minute above threshold brings them into Zone 5 and riding anaerobically. The leg burn is more intense due to oxygen debt so the Pro stays there for only 60 seconds before leg fatigue sets in and the rider loses form. This may also bring the rider to a point of breathlessness where speaking is not possible. Sounds like a lot of fun - eh?
  - In essence riding at this level is meant to push the boundaries of one's capabilities to achieve ultimate fitness.
- This version of Racing with Pros ride is an add-on profile where we add a 4 minute loop and one skill level to each set we ride. Outside of the trial run, there are four sets of loops.
  - The first set is one four minute loop racing at the Novice level.
  - After a short break we ride two 4 minute loops. Starting again with the Novice level in the first loop and then adding the Advance Level to the second 4 minute loop.
  - We take another break before our third set which is 12 minutes long. We follow the same pattern by starting out as Novice, then Advance, and then ending as the Elite cyclist in the third four minute loop.
  - Finally we reach the 4<sup>th</sup> and hardest set. We complete 4 solid loops ending at the Pro level for the last 4 minutes to the finish line.
- As we race, I encourage the riders to push onto the next skill level. However, they are empowered to ride at any of the levels they can achieve for the profile work. However, I would not recommend going Pro the whole ride the first time out. This is something we can train up, so this profile can also be used as a training tool to gradually achieve that ultimate objective.
- This profile caters to all skill types of students from the beginner to the most experienced indoor cyclists wanting to go the extra mile. It helps the students understand the different levels and zones of cycling.
- They gauge where they are as cyclists and where they eventually want to be.

### Pre-Class Preparation

- Though this is not an all-out Race Day event, it should be considered as one especially for the students who are new to Race Day riding.
- It is always best to announce way ahead of time so participants can be prepared in their training leading to the race day event and come into the cycle room with the right mental attitude for the expected work ahead.
- I've been fortunate to teach at a Y with a strong indoor and outdoor cycling community. We openly communicate among ourselves rides well ahead of time on either the monthly Y cycling schedule, our own Indoor Cycling Facebook page, and in class. The other IDC instructors will also pre-announce other teacher rides when something special is coming.
- Students for this ride should be versed in the 5 Energy Zones or the Rate of Perceived on a Scale of 1 to 10. We have it posted up in the room for everyone to see and reminded of almost every time we ride. I'll even provide handouts as a take home reminder during class and to even take home. For this profile, the handouts will be available to students who may need the reminder.
- For Race day events, two water bottles are recommended to ensure we stay hydrated throughout the ride and of course towels.

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- I like to use music that is powerful or is familiar to everyone who may need the musical motivation to latch onto to finish their set.
- The playlist consists of fast paced 4 minute songs which represents a full loop. This helps the riders know in their own minds when a loop is about to end. As we extend our loops, I encourage everyone to quickly hydrate as one song (loop) ends and before the next one begins.

### **Getting Things Started**

- Before class begins I lay out the course on 8 – 8.5 by 11 sheets of paper. Each sheet roughly represents a 30 second section of the course. Each sheet contains both the words such as Fast Flats and a picture that shows a Fast Flat rider. They are laid out in an order the show when the work effort increases and when it lets up. This empowers the rider to visually see the course as if they were riding outside.
- I strongly believe in individually greeting everyone as much as possible as they enter the spin room. Briefly letting them know what is to come and observing their reactions to see if they are ready for it.
- Any new comers get a little extra attention. I make sure they realize the challenge of this particular class, but also encourage them to stay and feel comfortable at working at an easy pace. I will assure them no one is going anywhere no matter how hard they ride and we'll all end up in the same place. Use the class as a beginning learning experience at where they can be if they stick with it.
- As the class settles in, I get their attention to announce they are all entered into a race that is open to all skill levels. This means we'll be racing with Novices and with the Pros. I explain the 4 different skill levels of cyclist; remind them of the work effort expected, and how to measure it with heart rate monitors if they have one or by the posted Rate of Perceived exertion chart. If anyone wanted a personal handout, I would have them available.
- As the race leader, I will be the pace setter to help them gradually increase their effort to the next highest level. However, if they cannot go beyond a certain level they can race where they are comfortable for the class.
- After explaining the levels, I will then ask for any volunteers who are willing to go Pro for a 4 minute loop. Hopefully, I will get some of our strongest riders willing to lead the pack. Thus the term "Riding with Pros".

### **Warm-Up - Song 1: Feeling Stronger Every day by Chicago 4:14**

- There is 8 to 9 minutes of warm-up before we begin our first race set. The first two minutes we do some of upper body stretches to relax, practice our full breathing techniques, discuss good cycling posture, and remind everyone that water is their best friend. Stay in touch. The next two minutes we start getting the legs warmed-up with some surges 15 seconds on / 15 seconds off in the seat and then in out of the seat in HP3.

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### **Trial Run - Song 2: Legendary House Mix by Safri Duo 4:09**

The goal of this song is to continue with our warm-up by doing a trial run over the 4 minute loop. I explain each part of the course and what the goals are while working at levels 4, 6, and 5 or zones 2, 3, and 3.

- 60 seconds – Fast Flats at 90 to 100 rpms. Start out right away with a good flat road pace to begin the loop. Remind them at higher speeds to add enough resistance to not bounce off the seat.
- 30 seconds – We move into a HP3 climb while adding two RPE levels simulating a challenging hill climb at 80 RPMs.
- 30 seconds – We then continue with the momentum as we settle into a strong seated climb while maintaining 80 RPMs.
- 30 seconds – We drop down 1 RPE level, but pick up the pace to 100 rpms simulating a downhill sprint.
- 30 seconds - The road levels out and we back off another 10 RPMs.  
As we approach the last minute of the loop, I explain this is where they try to win the leg and the Yellow Jersey for the next leg. So if they are up to it, this would be the time to pick up the pace again.
- 15 seconds – Aggressively move into a standing HP3 position for a last burst.
- 45 seconds – Settle back into the seat and finish the loop at a strong pace.

The trial run is an optional leg of the profile, if you prefer to add the time to the recovery periods. For me, I want riders to become familiar with the course before we take off.

### **Get Ready - Song 3: Come On Get Happy by the Partridge Family 1:04**

Fun song to get everyone at relaxed and at ease before the first set of racing begins. Make sure everyone is well hydrated. If you have a volunteer Pro, encourage them to set the right example for the rest. It's their time to shine. Others will look upon the Pro with admiration their ability to maintain strength and effort for the criterium loop. It is their ultimate goal to reach this level by the end of this ride or in next. Finally if anyone volunteers to go Pro for a set, they are entitled to recover or back it down to the Novice level to catch their breath.

### **1<sup>st</sup> Set – We go once around the 4 minute criterium course.**

Song 4: Feel Like a Number by Bob Seger 4:11

The group starts the race as Novices. The goal of the first set is get everyone working strong at a very manageable level. Remind everyone that this is only the first set and is the building block for what is coming later. There may be a temptation to go all out to start and then burn before we reach the Elite and Pro levels.

- First minute we start at an RPE of 5 or in Zone 3. RPMs between 90 and 100 RPMs. Legs should feel the warmth of working at this effort, while the riders are requested to maintain good steady breath control in and out of the nose.
- The next 30 seconds we transition out of the seat to HP3 while adding resistance to a much harder level 7. As we make this powerful transition to threshold we strive to maintain a cadence of 80 RPMs. Since this is the first set, the leg burn may not be noticeable right away, but it will soon introduce itself as we settle into the seat.
- The next 30 seconds is strong seated climb at threshold. Again trying to maintain a cadence of 80 RPMs. Encourage everyone to stay focused working at threshold to improve their endurance at this level. Ask them again to gain control of their breathing if they went out of breath. Though this level is difficult, it should be very manageable. Finally the hill let's up and we begin a short descent.

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- The next 30 seconds we drop our resistance down to Level 6 and simulate a downhill sprint by picking up the cadence to above 90 rpms. Though we dropped an RPE level, the effort continues to be challenging as we picked up our cadence. However, the let up of resistance should present a relief to the cyclist where the increase of cadence is possible.
- The next 30 seconds the roads levels off and the cyclist are asked to ride again at a 90 RPM pace. The drop in cadence should provide some additional relief to the riders as they maintain a good strong cadence.
- The last minute approaches and the loop is about to end. Its Yellow Jersey time! Surge out of the seat for 15 seconds allowing for the using body weight to push through the pedals. The last 45 seconds they settle back into the seat with a strong cadence to the end.

### **Song 5: Monkey Let the Hogs Out by Jerry Douglas 1:03**

Sit back and Recover. Take off resistance and hydrate. Encourage everyone that they are now ready to take on the next challenge.

- The novice level got them primed to push on for the next 8 minute loop. I remind them to calibrate their efforts for the next run.
- By calibration they should understand how their bike is handling as none of the IDC bikes at our gym are exactly the same. Some may require more or less resistance to achieve the RPE goals. Sometimes when riding an unfamiliar bike, we may get an unpleasant surprise when we add normal resistance which could take us to a point of breathlessness before we know it.
- They should also ask themselves how they personally feel. Can they give more or less the next time and for the rest of the ride?
- Finally they need to decide are ready to go Advance. Staying Novice is perfectly okay as this ride is a building block for more to come. I will encourage them to try the next level of cycling excellence, but they need to be honest with themselves & decide if they are ready.

### **2<sup>nd</sup> set takes us twice around the course.**

The first lap we ride as the Novice. The second lap we go onto Advance where we keep the same RPE levels but all in the seat.

- Assign who will go Pro for each of the two laps (if any) and thank them ahead of time for leading us through the course. Also if there are any doubts in the minds of the other cyclist during the second set, they should look at the effort of the Pros for encouragement.

### **Song 6: Modern Love by David Bowie 3:59 - Novice**

1<sup>st</sup> loop we ride the previously described Novice course.

- Towards the end of the 1<sup>st</sup> loop, remind them to go for the Yellow Jersey and wear it during 2<sup>nd</sup> loop as the Advance cyclist.
- As the song ends, take a quick water break and lower the resistance back down to a level 5. Again this should bring additional relief and strength back to the cyclist as they begin the second loop.

### **Song 7: Living La Vida Loca by Ricky Martin 4:03**

2<sup>nd</sup> loop we go Advance taking on the course all in the seat as most riders would during outside competition.

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- This is where we practice our good cycling techniques as we ride solidly in the seat. Everyone should settle into a good pace. At this time I would observe the riders form to ensure they are in control as their effort will not be aided anytime out of the seat. The focus remains solely on the legs without the use of bodyweight for some relief.
- Continue to watch the riders during the second minute when two more levels are applied to their effort. Walk around the room to encourage them anyone who may be struggling. Let them know it is okay to let up a little to regain their strength for future effort.
- Also don't forget about watching and recognizing the Pros who are working their butts off. They accepted the pressure to set the pace and should be cheered on.

### **Song 8: Don't Be Cruel by Elvis Presley 2:02**

- Sit back and Recover. Take off resistance and hydrate. The next set will be more intense as we repeat the course 3 times around.
- Not only are we going to ride longer, but the third leg we will add more heat as Elite cyclists.
- During this break I will congratulate everyone for their effort so far and ask if they are ready to move up to the next level of intensity. Remind them that it is okay to stay at a given level if not ready.

### **3<sup>rd</sup> set takes us three times around the course.**

First as the Novice, second as the Advance, and finally we get our chance at becoming Elite.

- Ask for any more volunteers who want a try at Pro for each of the next three 4 minute loops and assign appropriately.

### **Song 9: 19<sup>th</sup> Nervous Breakdown by Rolling Stones 3:59**

1<sup>st</sup> loop Novice Level Course –

- I'll ride the course with them to the next level. As we reach the end we push onto the Advance level and remind everyone there are 8 more minutes. So stay relaxed, strong and steady.

### **Song 10: Boys of Summer by The Ataris 4:02**

2<sup>nd</sup> loop is Advance Level Course –

- I'll continue watch everyone's form during the seated loop for any wavering before asking them to turn it up a big notch to the next skill level. Don't forget to push for the Yellow Jersey for the minute of the loop prior to transitioning to the elite cyclists.

### **Song 11: Fire Burning (Dave Aude Radio Remix) by Sean Kingston 4:04**

3<sup>rd</sup> loop is the Elite Level Course –

- Now the ride becomes interesting and more intense. During the previous 8 minutes, we accomplished 6 minutes at Aerobic levels 5 & 6 and 2 minutes at Threshold. Now the riders start again at the aerobic level for only 1 minute and then finish the loop 3 minutes at threshold.
- After the first minute of fast flats we turn up the heat by adding the 2 levels and transitioning out of the seat into HP3. This should bring us to level 8 which is max threshold at a standing push up the hill for 30 seconds.
- We then settle down into the seat remaining at max threshold for 30 more second at about 80 RPMs.
- The brief relief comes as the resistance is finally dropped to a level 7, but we pick up the downhill sprint speed 30.

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- Finally the road levels and we ride at a more comfortable speed of 90 RPMs while staying at Level 7.
- The last minute is the rider's choice to go for the lap's Yellow jersey or not. As encouragement I will point to the Pro for inspiration to finish the lap strong with a final 15 second push out of the seat and back in the seat for 45 seconds to the end of the set. By the end the extended work at Threshold, the riders will be breathing heavy as they crossed the last loop's finish line.

### Song 12: I Won't Back Down by Tom Petty 2:57

- Sit back and Recover for 3 minutes. Take off resistance and hydrate.
- At this time I congratulate everyone for reaching the Elite cyclist status and explained what they just accomplished. However, we are not done yet. There is one more set left that is 16 minutes long and the Pro cyclist level waiting at the end. Undoubtedly this will be the most challenging part of the profile and the real race is about to begin.

### 4<sup>th</sup> and final set takes us four times around the track.

We'll start again at Novice moving onto Advance then Elite and finally as the ultimate Pro. Prepare everyone that going Pro will require them to go over threshold at a level 9 where they will ride anaerobically for one minute before finishing at the Threshold level.

- What makes going Pro so challenging besides riding in the seat the entire course is that they already rode 12 minutes so they will be fighting the fatigue factor while trying to step it up for the last 4 minutes.
- Remind them not to be intimidated by the ultimate challenge waiting for them at the end. They worked hard to prepare themselves with solid training and conditioning leading to the event. Just remember the basics to get through it - stay relaxed and hydrated, breathe deeply throughout the course, and ride efficiently. Before they know it, they will be rewarded as a cycling Pro.
- Once more – Find anyone who wants to lead as the Pro for each of the first 3 laps. Whoever wants to go Pro in the 3<sup>rd</sup> loop will be challenged to stay there for the final lap as well. So it is okay if there are no takers. If there is a volunteer for the 3<sup>rd</sup> lap, it should be one of your strongest riders in the room. Applaud their willingness to go for it.
- As the teacher, you may want to instruct the last set off the bike in order to watch and cheer on the cyclists in the room. Also observe those who are losing form or are struggling with the ride. Reassure them it is okay to back off in order to complete the course.

### Song 13: Smokin' by Boston 4:21

Time to start – By this time everyone should know the routine, their bikes, and how to take the course as the Novice pushing for the Yellow Jersey at the end.

### Song 14: Saturday Nights Alright by Nickelback 3:43

Move onto the Advance level. Keep Watch on seated form and assist anyone as needed.

- As the advance riders completes the course they are to remain at level 6 for the start as the Elite.

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### **Song 15: Stronger (Andrew Dawson Remix) by Kanye West 4:01**

Time for the Elites to ride – After the first minute at the Aerobic level or zone 3, the next 7 minutes will be in zones 4 and 5 which is Threshold and above.

- Last lap, last push, and time to get the Yellow Jersey before going Pro.
- Do not let up on the resistance, but make sure to quickly hydrate between songs before taking off one last time.

### **Song 16: Barracuda (Heart Cover) by Adrenaline Mob 4:12**

Pro Level – Starting at Level 7 go one minute of fast flats effort sustaining 90 RPMs.

- Proceed to ride the course in an 80 RPM seated climb by adding 2 levels. It's the time to ride 60 seconds in zone 5 increasing to max heart rate, going anaerobic, and experiencing the intense leg burn of oxygen debt.
- As the Pro, no relief is given to the legs by moving to the standing position. So I remind them to stay focused on maintaining good and efficient cycling techniques to get through the effort.
- Finally, some relief - resistance is brought back down to level 8 and with two minutes left in the ride the downhill sprint begins.
- As the road levels out for 30 seconds the Pro should see the finish line ahead.
- The last minute is the final push to the end. For those who are in it to win it, give their last best effort across the finish line.

When the riders complete the course as the ultimate pro, they are encouraged to give the victory sign of both arms in the air to celebrate their achievements. It's time to slow down the legs, take off a little resistance, and complete a short victory lap in order to lower their heart rate and gain control of their breathing.

I will not only applaud their efforts, but fist bump each participant to show my appreciation for the work they put in. During cool down, we'll discuss what happen and what upcoming rides that lie ahead, including a time when we can schedule the all-pro ride ☺

### **Cool Down**

O-o-h Child by The Five Steps  
Feel So Good by Chuck Mangione  
Maybe I'm Amazed by Jem



## Indoor Cycle Instructor PROfile

#	Song	Song Time	Routine ~ Time	Build Race Skills to Compete with the Pros in 4 minute Criteriums Race below, at, and above Threshold to reach Pro level goals Add a 4 min. Criterium each round > Rd 1=4', Rd 2=8', Rd 3=12', Rd 4=16' Four Types of Racers and Their Course Difficulty: <b>Novice</b> = Levels 5 > 7 > 6 - In & Out (HP3) of Seat (Set 1, 2, 3, 4) <b>Advance</b> = Levels 5 > 7 > 6 - All Seated (Add to Set 2, 3, 4) <b>Elite</b> = Levels 6 > 8 > 7 - In & Out (HP3) of Seat (Add to Set 3, 4) <b>Pro</b> = Levels 7 > 9 > 8 – All Seated (Add to Set 4) Optional: Get a Pro to lead a set; while rest of class progress to the Pro.	
1.	Stumbling In – Suzi Quatro/Chris Norman Spinning Wheel – Blood, Sweat, & Tears De Do Do Do, De Da Da Da - Police	3:57 4:08 4:07	12:00	Set-Up	
2.	Feeling Stronger Every Day - Chicago Legendary House Mix – Safri Duo Come On Get Happy – Partridge Family	4:13 4:09 1:04	9:00	Warm-Up Pre Ride Course Get Ready	Criterium Race Course is broken down into 4 – 1 minute legs: 1st: FF = 1 min @ 90 RPMs 2nd: +R Hill = 30" SC or HP3 (Out); 30" SC @ 80 RPMs 3rd: -r Downhill = 30" 100 RPMs; road levels = 30 90RPMs 4th: Last Corner = 15" FF or HP3 (Out); 45" FF <b>Note:</b> As last song of set ends; hydrate before next set begins.
3.	Feel Like a Number – Bob Seger	4:11	4:00	1) <b>Novice</b> = Levels 5 > 7 > 6 - In & Out (HP3) of Seat	
4.	Monkey Let the Hogs Out – J. Douglas	1:03	1:00	Recover – Group will add on the Advance Level Next Set	

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5.	Modern Love – David Bowie Living La Vida Loca – Ricky Martin	3:59 4:03	8:00	1) <b>Novice</b> = Levels 5 > 7 > 6 - In & Out (HP3) of Seat ( <i>Hydrate before set 2</i> ) 2) <b>Advance</b> = Levels 5 > 7 > 6 - All Seated
6.	Don't Be Cruel – Elvis Presley	2:02	2:00	Recover – Group will add on the Elite Level Next Set
7.	19 <sup>th</sup> Nervous Breakdown – Rolling Stones The Boys of Summer – The Ataris Fire Burning (Dave Aude Mix) - Kingston	3:59 4:02 4:04	12:00	1) <b>Novice</b> = Levels 5 > 7 > 6 - In & Out (HP3) of Seat ( <i>Hydrate before set 2</i> ) 2) <b>Advance</b> = Levels 5 > 7 > 6 - All Seated ( <i>Hydrate before set 3</i> ) 3) <b>Elite</b> = Levels 6 > 8 > 7 - In & Out (HP3) of Seat
8.	I Won't Back Down – Tom Petty	2:56	3:00	Recover – Group will add on the Pro Level Next Set
9.	Saturday Night is Alright – Nickelback Smokin' – Boston Stronger (Andre Dawson Mix) – K. West Barracuda – Adrenaline Mob	3:44 4:22 4:01 4:02	16:00	4) <b>Novice</b> = Levels 5 > 7 > 6 - In & Out (HP3) of Seat ( <i>Hydrate before set 2</i> ) 5) <b>Advance</b> = Levels 5 > 7 > 6 - All Seated ( <i>Hydrate before set 3</i> ) 1) <b>Elite</b> = Levels 6 > 8 > 7 - In & Out (HP3) of Seat ( <i>Hydrate before set 4</i> ) 2) <b>Pro</b> = Levels 7 > 9 > 8 – All Seated
10	O-o-o Child – The Five Stairsteps Feel So Good – Chuck Mangione Maybe I'm Amazed - Jem	2:57 3:33 4:02	10:00	Cool Down