



RealRyder® Indoor Cycling – *Re-cycle...Class Planning in Minutes!*

Overview:

Planning classes should be quick, easy and fun. Learn how to create and re-cycle classes so you have a rich library of creative workouts to choose from each week. RealRyder's unique *RydeProfile Class Planning System* shows you how to bring real road profiles inside the classroom while maximizing teaching options. Learn to shine as a strong teacher, and instruct a class that's uniquely YOU. Inject new energy and creativity into your class planning. Produce a ryde experience participants won't soon forget.

I. RealRyder Class Planning System

Step 1. ZoneProfile

- a. Purposeful planning: first determine energy systems ZoneProfile, *not* music or storyline
 1. Avoid planning ruts and classes "that always feel the same"
- b. Spin, Cruise, Pace, Accelerate, Sprint
- c. Time

ZoneProfiles result in quick, easy and purposeful planning!

Energy Zones	RPE	% LTHR	Descriptive Rating
5 = Sprint	10	100+%	Anaerobic All Out Effort
4 = Accelerate	9	95-100% (LT2)	Hard to Very Hard
3 = Pace	7-8	90-95% (LT1)	Moderate to Hard
2 = Cruise	4-6	80 to 90%	Easy to Moderate
1 = Spin	2-3	< 80%	Warm Up / Recovery

Step 2. TerrainProfile

- a. Build the mechanics of the ryde...
- b. RPM/Position; Flats/Ups/Downs of ryde

Step 3. RydeProfile

- a. Storyline, coaching, cueing, mind/body—"add the unexpected"
 1. music, interaction, external variables
 2. horizontal elements: leaning/steering/turning
- b. Build the conversation, flow and feel of the ryde

II. The RealRyder Indoor Cycling Class Planning System

1. RealRyder® Indoor Cycling Class Planning System Template
2. "Class at a Glance"

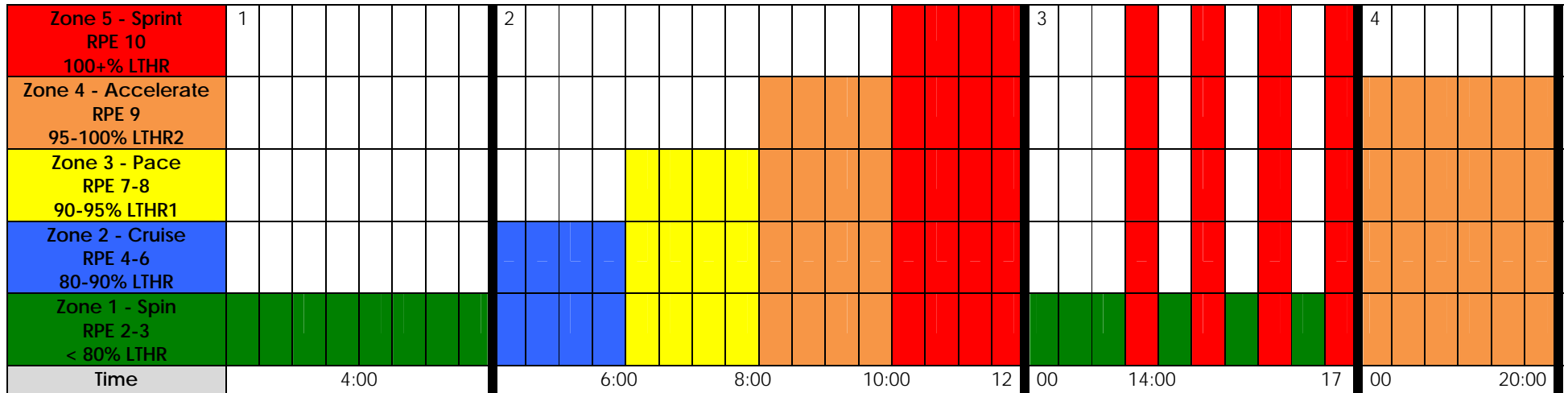
III. Re-cycle...Class Planning in Minutes

1. Keep all ZoneProfiles you create; shuffle like a deck of cards to create infinite new rydes
2. Repeat, shorten, lengthen or shuffle any ZoneProfile blocks/modules for new rydes
3. Option to change TerrainProfile and/or RydeProfile
4. Resources for Terrain- and RydeProfile Inspiration

IV. Re-cycle...Class Planning in Minutes —The Ryde!

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Made To Move!

ZoneProfile



*Each column represents approximately 30-seconds; 20-minutes total per RydeBlock



RydeProfile

Module	Music	Storyline/Coaching/Cueing/Mind-Body
1	Breakeven (Falling to Pieces) - The Script	Warm up/preview ryde; find a teammate today and hold each other accountable to a quality/engaged ryde; focus on drills to acclimate ryders to the bike movement options; find preferred RPM between 80-100
2	Whine Your Battery Up - [Disco Fries & Tommie Sunshine Bootleg]	Hold Cruise resistance and 60 RPM; during last 15-seconds of each zone surge above current level of effort (eg., Spin to Cruise; Cruise to Pace; Pace to Accelerate; Accelerate to Sprint); move from 60 to 65 to 70 to 75 RPM at each level
3	Witchcraft - Pendulum	Ryde fast downhill into this flat module; 90-second recovery; followed by "lead out" game that results in a "match me/cat and mouse" race tactic; teammate now becomes your competitor; each ryder alternately leads/breaks away for 30-seconds/ followed by 30-seconds recovery; instructor cues; each ryder gets 2 leads; "lead out" tactics are at Spin/Sprint intensities; build to Sprint within the 30-seconds; tactics, such as in or out of the saddle, quick or slow pedaling must be matched by partner. Partners alternate leading Red Sprint zones. Last Sprint leads into tough hill at Accelerate level
4	Foster The People - Don't Stop (TheFatRat Remix)	"Grind out" the hill seated; hold resistance at Accelerate level and RPM 60-70; you are climbing steep switch backs; only stand briefly 6x during the last 10-seconds of each 30-second period; for example, pedal for 20-seconds, then stand and accelerate for 10-seconds and return to seated climb before standing again to accelerate out of the switch back; hill gets steeper but ryder must stay below lactate threshold. <i>Note: moving to RydeBlock #2, both the RydeTerrain and RydeProfile storyline change....</i>

ZoneProfile

Zone	Activity	Intensity	Duration	Time
Zone 5 - Sprint	RPE 10	100+% LTHR	5	20:00 - 24:00
Zone 4 - Accelerate	RPE 9	95-100% LTHR2	6	24:00 - 30:00
Zone 3 - Pace	RPE 7-8	90-95% LTHR1	7	30:00 - 37:00
Zone 2 - Cruise	RPE 4-6	80-90% LTHR	8	37:00 - 45:00
Zone 1 - Spin	RPE 2-3	< 80% LTHR		45:00 - 50:00

TerrainProfile				
RPM/Position	Preferred/Seated downhill	60/Combo flat/hill	60-100/Standing	75+/Combo hill

Module	Music	Storyline/Coaching/Cueing/Mind-Body
5	Rihanna - Cheers (Drink To That)	Leg strength and hill climb RydeBlock; start the block with a downhill warm up or this can serve as a recovery module if linked to another RydeBlock; focus on passing ryders and avoiding obstacles; holding long gentle turns; add several set-up/turns for sharper cornering requirements as the turns come at the ryder very fast when flying downhill.
6	Starkillers - Take Over Original Mix	Hold 60 RPM; incremental leg strength set; alternate between seated/standing every 2-minutes; lock onto 60 RPM and progressive intensity requirements of Cruise, Pace, Accelerate and Sprint.
7	Levels In The Air (William Blake Mashup)	Standing, sharp hill climbs to short flat recovery sections; 30:30 Spin/Sprint; build to each 30-second Sprint using -- 10:10:10--Pace /Accelerate/Sprint effort
8	Keep Your Eyes Open - NEEDTOBREATHE and Someone Like You - Adele	Downhill finish at Accelerate effort; focus on core engagement in and out of saddle while holding turns at levels 1, 2, 3; instructor cues "tag and go" partner game at 10-second intervals to finish; ryders alternate leading hard for 10-seconds and drafting for 10-seconds for entire module; "tag and go" followed by a Cool Down

RealRyder® Indoor Cycling Class Planning System Template

[illegible]

TerrainProfile	
RPM/Position	

Module	Music	Storyline/Coaching/Cueing/Mind-Body