



The hidden agenda...

Transitioning participants towards a Power-focused class can be difficult to implement without their buy-in and understanding. Use this ride as an example of how to incorporate Power specific concepts without the need to get on the soap-box and shout the benefits of Power training from the roof-tops.... In other words, you can sneak it in...ssshhhh!

By the end of this ride your attendees will see how motivating training with metrics can be – and still have fun! Don't have a bike that measures Power? Never fear! All Power concepts will be translated in the "Effort Cues" column to support indoor cycling facilities that have yet to transition to Power monitoring.

Class Title: What's Your Specialty?

SET-UP: Class configuration goes a long way towards developing the team vibe. Try the "quad-pod!" Arrange four bikes in a tight horseshoe shape to allow participants to easily communicate with one another. As you'll see from the video, people are really getting to know each other before we've even begun. Yes, it's a bit more difficult to control your group, but with a good microphone and a strong presence, it can be done. Trust me – the chaos is worth the pay-off.

GOAL: The stated goal: To have fun, smile a few times and not take one's self too seriously. Already, people feel more relaxed. If they do these 3 things (new people especially!) they're much more likely to return. With that in mind, we're going to experiment with the idea of identifying each team member's "specialty." After experiencing 5-minute, 30-second, 3-minute and 1-minute time trials, each team will assign teammates to specialize in one of the above time frames in a final competition.

*Side note to those of you experienced in training with Power: This is NOT about Power-Profiling, but it does crack the door to this concept – that's the point! When people start realizing what they're capable of today, they begin to wonder what they could be capable of tomorrow. Next month. Next year. See the hidden agenda? :o)

TIME: During the recorded ride, you will see that we took advantage of the FreeMotion S11-Series cycles with Power (For the record: Yes, I'm biased- check out the jersey!). Monitoring stage time is really simple with these bikes as is monitoring various averages throughout the ride. For the purposes of a hand-out, we've broken this 60-minute class into 5 Stages plus a 6th, 9 minute and 30-second competition stage. This makes the recreation of this ride a simple task regardless of which cycles you have at your facility.

For the live class, we actually had close to 20 Stages, since we counted recovery and each attempt as separate Stages. You may break this down however you see fit.

Stage # Elapsed time	Work	Recovery	Power cues	Effort cues.
Warm up: 0-10 minutes	Share your class objectives and explain the game. For the later 5 minutes, attempt 3, 60-second leg speed pick-ups to help prepare the legs for the efforts ahead.		“Observe the data! What do you notice is happening to your wattage with increased leg-speed?”	“These leg-speed pick-ups feel doable and sustainable, yet this RPM is a bit faster than what you would choose for yourself.”
Stage 1: Dry-run 0-7 minutes	5-minute hard effort.	2 minutes recovery.	“It is your choice how you achieve maximal Power on this first effort. Whatever it is that you choose, <u>how much distance can you cover in 5 minutes?</u> ”	“Pace yourself! It’s tempting to burn it up in the first minute. <u>Can you spend your last dollar’s worth of effort in your final minute?</u> ”
Stage 1: Qualifier 0-8 minutes	5-minute hard effort	3 minutes recovery	“Talk amongst your team mates. Who increased by the most distance from the dry-run to the qualifier? That teammate is now your 5 minute specialist!”	“Talk amongst your team mates. How did that 2 nd , 5 minute effort feel? Choose the teammate that felt the freshest after that effort. This teammate is now your 5 min. specialist!”
Stage 2: Dry-run 0-2:30 minutes	30-second explosive effort	2 minutes recovery	“This is an out of the saddle, dynamite explosion. <u>What is the highest max wattage that you can achieve?</u> ”	“This effort requires the perfect balance of resistance and leg speed. <u>What tactic will you choose to “beat” the competition?</u> ”

Stage 2: Qualifier 0-3:30 minutes	30-second explosive effort	3 minutes recovery	<p>“Time to talk to your teammates. Of the 3 remaining riders, who had the highest Max Wattage?* This teammate is now your 30-sec specialist.”</p> <p>*Max Watts / body weight is the preferred method.</p>	<p>“Once again, it’s time to talk to your teammates. Of the 3 remaining riders, who wants to own the 30-second sprint? This is your 30-sec specialist for the final contest.”</p>
Stage 3: Dry-run 0-4:00 minutes	3-minute speed challenge	1-minute recovery	<p>“Speed is the name of the game in this 3-minute challenge. <u>The objective is to hold your average speed as high as possible over the 3-minutes.</u> If your console does not display average speed, keep an eye on your speed and attempt to memorize the speed you can see for the majority of the challenge.”</p>	<p>“Although subjective, Rate of Perceived Exertion is still a great guide when working efforts can not be physically measured. <u>During this challenge envision a number from 1-10. This number represents the work you are producing.</u>”</p>
Stage 3: Qualifier 0-5:00 minutes	3-minute speed challenge	2-minutes recovery	<p>“Get strategic! Of the 2 remaining team members, who maintained the highest average speed? This is your new 3 minute specialist.”</p>	<p>“Of the 2 remaining team members. Who had the highest number on a scale of 1-10 (this is not an exact science, here!). The individual that sustained the higher RPE number is the 3-minute specialist.”</p>
Stage 4: Dry-run 0-2:00 minutes	1-minute Power challenge	1-minute recovery	<p>“The 1-minute power challenge is fast and furious. Your remaining team- mate owns this challenge, however they</p>	<p>“The remaining teammate owns this challenge. They are now the Team Captain!</p>

			<p>have been “nominated” as your Team Captain! After completing the 1-minute Power challenge, if they decide that this 1-minute effort is better suited for a different teammate they have license to change assignments. We’re looking for least drop in Power from the Dry-run to the Qualifier.”</p>	<p>As such, they may trade time trials with any of the other members. Being Captain has its perks!”</p>
<p>Stage 4: Qualifier 0-2:00 minutes</p>	<p>1-minute Power challenge</p>	<p>1-minute recovery</p>	<p>“Team Captain, it’s up to you to decide if the team has chosen the appropriate specialists. If reassignment needs to take place now’s your chance.</p>	<p>“Based on the performance of your team, the Team Captain, must decide if the specialist assignments will remain or if they should change.”</p>
<p>Stage 5: Recovery and Rules of the Competition 0-2:00 minutes</p>	<p>Listen-up!</p>	<p>2-minutes recovery</p>	<p>“We begin with the 5-minute effort, which will be executed by only the 5-min specialist of each pod. All other team members are cheering them on! We proceed immediately to the 30-second, 3-minute and finish with the 1-minute challenge. When you are NOT working you must remain at a recovery pace of less then 75 Watts. After the contest ends we will add up the accumulated distance for Stage 6. Which ever team goes the furthest distance is the winner!”</p>	<p>(Rules from the Power column apply). “The loudest team will be dubbed the winner. If you aren’t racing you’re making noise!”</p>
<p>Stage 6: Competition!! 0-9:30 minutes</p>	<p>5-minute: Team member 1 +</p>	<p>Team members are actively recovering when it is</p>	<p>(As the ring-leader, you the instructor will set the energy level with your supportive words and encouragement.)</p>	<p>“ The most supportive team wins... make some noise!!”</p>

	30-second: Team member 2 + 3-minute: Team member 3 + 1-minute: Team member 4	not their specialty. Support your team!		
Cool-down/Stretch: 0-5:00 minutes		As your teams soft-pedal to flush out the legs. After 3 minutes of easy riding encourage postures that stretch the front side of the body and/or engage the posterior chain.	(Use the calculator or a pen and paper to add up all of your teams accumulated distances. You may also have them do this themselves on the honor system.)	(Team spirit is usually fairly easy to gauge. Who came together as a team? Recognize these individuals for their efforts.)

FINAL THOUGHTS: At times this ride can feel chaotic (which is half the fun!). For this reason, try teaching off-bike. It allows you the instructor to have better control over the group as well as visit with the individual teams throughout the ride. Carry your stopwatch and your class-plan so that you can keep track of time and intent for each individual Stage. Remember: we're cracking the door to a world of possibilities. Don't spoil the show! Simply give them a sneak-peak of the good things to come.

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