

Indoor Cycling Class

Name & Objective: Power Sampler

This class is all about exploration. We will explore every power zone, how our power changes depending on gearing and cadence, and which positions seem to be the most efficient for us when generating power. The second objective of equal importance is to demonstrate that Power Classes are no less fun than other classes. We want to demystify Power Training. It is not complicated, and this “Tour de Power” class can help to show how much fun riding with Power can be.

Class Agenda:

Time	Song	Artist	BPM	Power Zone	Notes
4.50	Be Chilled [Dub Mix]	Sirius & Nyla	n/a		After 4 minutes, have each rider check what gear they are in - it will be considered their “basement” or bottom level for the rest of the class
2.75	I Love Being Here With You	Peggy Lee	61	Non-specific, just explore!	Standing Position. Commit your basement to memory. Add 3 gears and stand, then add 1 more after 1 min, then another after 2 min (total 5 gear journey from the basement). Tell students to make a mental note of the top power number.
5.50	Sunrise [Extended Original]	Ashiva	69	Non-specific, just explore!	Seated Position. 1 gear per minute - seated - starting at their basement gear or power level. This time showing the student how the same 5 gears can generate more power in the saddle due to the higher cadences
3.50	Wait	Tait	64	Non-specific, just explore!	Jumps or Rolling Hills. Many instructors like to use jumps, so this song is designed to have fun coming in and out of the saddle. The main thing is to maintain the same power level in both positions - find that gear that allows you to both stand and sit. Notice how power can be the same in both positions, but how different it feels when standing and sitting.
9.00	Never Gone [Original Mix]	Anjunabeats Presents Adam Nickey	68	Sustainable	Seated Position. This song will be our tour of the Sustainable Power Zone (which ranges from .5 Watts/Lb to 1.6 Watts/Lb). From the exploration we just did in the last 3 songs, we should be able to pick a power number that we think we can maintain for 9 minutes - all in the saddle. Sustainable Power tests range from 7 to 20 minutes.
3.50	Just A Ride	Jem	92	Recovery	Active recovery time - bring the power and heart rate back just a bit

CYCLING FUSION SIMPLIFIED CLASS DESIGN

Time	Song	Artist	BPM	Power Zone	Notes
4.25	I Gotta Get Through This	Daniel Bedingfield	64	Climbing	Standing Climb. Spend the first 1:15 minutes preparing, ramping up the Watts, then the final 3 minutes of the song will be spent in the Climbing Zone. This will be very exploratory for the Climbing Zone. Riders should pick one of two charts to follow. The Indoor chart starts at .85 Watts/Lb, the Outdoor chart is a whopping 1.7. If the rider can not maintain what they start with, they should reduce the gears one per 30 seconds till they feel they can handle it for the remainder of the song.
3.50	Whine Up	Kat DeLuna	62	Recovery	Active Recovery, give the legs a rest
4.75	I Like The Way	Bodyrockers	65	Climbing	Seated Climb. Knowing what we can do for 9 min (Sustainable Power), and what we did out of the saddle, we should try again to hit a climbing power level - this time in the saddle. After 1 minute of getting a feel for what we will shoot for, we will reset our bikes (stop pedaling and flip gear lever all the way up and down 3 times) to get an accurate average power for the next 3 minutes. To show how we can generally produce more power in the saddle, have everyone choose 10 more watts than what they accomplished in the last Climbing song and see what happens. Stop pedaling again at 3 minutes, and your average power will flash.
4.00	To Da River	Montell Jordan/T-Bone	95	Recovery	Active Recovery, give the legs a rest
2.75	Whip It	Devo	78	Sustainable	Rider's Choice. Whichever position you choose, pick a high cadence - for those in the saddle - 95 to 110, for those standing - 70 to 85. See what power numbers you can generate. This should be a heart rate runner, not a leg stresser.
3.00	Boom	P.O.D.	61	Explosive!!	Rider's Choice. Rider's should now have a feel for which position on the bike may yield the most power for them. This is the final song, and will require the greatest effort, despite the fact that we are not starting into the zone until the final minute of the song. The Indoor chart starts at 1.2 Watts/Lb while the Outdoor chart is double that at 2.4 Watts/Lb. There may be many people who can handle the Sustainable zone for the Outdoor chart, but who need to pick a number closer to 2.0 for this final push.
3.50	Mr. DJ	Rihanna	100	Recovery	Bring the heart rate down, rest the legs or Stand and stretch it out
5.75	Napali Rain	Tim Guion	n/a		Cool Down.
60.25					

Training / Teaching Notes:

The main thing during the Power Sampler is to keep it light, fun, and still challenging. Most rider's will be initially intimidated by the technology and training tools. It is vital to not make this so much an educational exercise, as much as it is an exposure to something new, that educates along the way.

1. The playlist above can be changed to suit your tastes, but try to have each Power exercise (those highlighted by their corresponding Power Zone colors) total the time interval used in that Power Zone.
2. Feel free to add what you know about power in small bits and pieces throughout the class. However, don't give too much information, or your rider's will leave feeling like they have just had "information overload". The mere exposure to this new focus on Power will be a lot for many of them to process.
3. Keep it fun.