



## Indoor Cycle Instructor PROfile Whiteface Mountain – Surrender to Gravity

### The Ultimate Instructor Class Profile Contest – Grand Prize Winning Profile!

#### Created by: Allison Santoro

Training Type: Endurance/Threshold

Working HR Zone: Zone 4

Total Class Length: 60 Minutes (includes 10 minute cool-down)

#### Profile Description

Today we will test the law of gravity...what goes up, must come down. Whiteface Mountain is a very challenging 8-mile climb up to a castle at the summit of the mountain. As you approach a toll-house at the three-mile mark, you will be mentally preparing for the most challenging part of this ride with 8% to 10% gradients for several miles. As you ascend to the summit, two switchbacks and an ease in grade will provide you with the perfect opportunity to enjoy the rush of powering-through your threshold to the summit. At the summit, you will surrender to gravity...and be rewarded with an exhilarating 10-minute down-hill recovery.

#### Class Objective

To find the perfect balance of aerobic and anaerobic intensity that will enable you to endure the steepness and length of Whiteface Mountain while overcoming lactic acid build-up.

#### Introduction

Whiteface Mountain is located just outside of Lake Placid. It's New York's 5th highest peak with a summit elevation of over 4,800 feet and 360° panoramic views of the Adirondacks, New England, Vermont and Montreal. It's almost 8 miles long, with an average grade of 8.6%.

Today's climb will be the next closest thing to a Mt. Washington climb. It's about the same distance, but not as steep. Therefore, we will be cycling faster, instead of steeper! Elite cyclists can conquer Whiteface in less than an hour. Your training will serve you well here. (Class should have built an aerobic base)

As long as you stay in control, you will be flirting around your threshold for the majority of this ride. You will likely find yourself at an average RPE of 8.5 for most of the ride, but exceeding 9 at times. Resistance will always be moderate to heavy. Cadence will be in the range of 60RPM to 80 RPM. Remember that this is a climb to the Summit. A recovery on the Whiteface Mountain is simply a lesser gradient. It still hurts, but not as much. There are no flat roads to the summit of Whiteface Mountain!

#### 1. Warm-up – Apprehension

A Perfect Lie by The Engine Room (3:26)

Cadence: 80 RPM

Gradient: 7%

RPE: Easy/6

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It's a cool, springtime morning, and the Adirondack skies are beautifully clear, except for a lone cloud crowning the peak of Whiteface Mountain.

You are pedaling quite fast – around 80RPM on a reasonably flat road. Your heart flutters with excitement as you begin your way to the start of your up-hill adventure. Go ahead and add a little resistance – push aside that flutter and feel grounded.

As you cycle towards the mountain, you experience a strange doom-like feeling as you see the Whiteface summit ahead of you. Add a touch more resistance, but maintain this cadence. Close your eyes and feel the adrenaline rush of knowing that you are about to beat this peak.....or be beaten.

As you start your ascent, you are full of energy and excitement. Release some of that energy through another twist of resistance. You should really feel the road. There is no freewheeling here.

### 2. Warm-up – Commitment

What Goes Around Comes Around by Justin Timberlake (7:42)

Cadence: 70 RPM

Gradient: 7%-9%

RPE: Easy to Moderate/6-7

You are here. It is now. You have committed to Whiteface. You are ready - physically and mentally for the challenge. Bring it on!

Start adding resistance enough to slow your cadence down to 70 RPM.

We are slowly transitioning from easy to moderate. As we approach an 8% gradient, you should feel your quads engage as you add more resistance and start climbing Whiteface. While slightly challenging, you should be able to sustain this pace of climbing for a good while. At the top of the next 3 minutes (5m, 6m, and 7m) add enough resistance to protect your joints, and climb out of saddle for 20 second intervals. Recover after each interval.

At the top of following 3 minutes (8m, 9m, and 10m) add a **small** amount of resistance and climb out of the saddle for 20 second intervals. When you return to the seat, maintain this resistance level. Each time you stand, add a little more resistance. We are resistance loading here. Try to maintain this cadence while you feel the increase in the steepness of the road.

You are starting to feel a warmth radiate from within your body. Your heart-rate is slowly increasing, as your muscles warm to the challenge ahead. Remember that we are still warming up...if your RPE is rising above 7, do not add more resistance. Similarly, if your RPE is much less than 7, then add more resistance.

**Don't touch that resistance dial!**

### 3. Self-Doubt

Jump [Jacques Lu Cont Edit] by Madonna (5:19)

Cadence: 65 RPM

Gradient: 9%

RPE: Moderate/7.5

Add enough resistance enough to slow your cadence down to 65 RPM. Remember how this feels. How hard you are working? This will be your "base" level for this segment of the ride.

For all of you cyclists - you know this feeling. You are a few miles into your 50 mile or 100 mile bike-ride, and your muscles are causing you to question whether you are up for the challenge. You

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shouldn't be tired already, right? This is the devil of the warm-up speaking. He is playing games with your brain. Never underestimate the power of the warm-up. We are still warming up the body and warming up the muscles and preparing them for what lies ahead. Tell the devil to shut-up! Trust me - power through this. You have not even started to demonstrate what your body is capable of doing.

At the top of the next 4 minutes (12m, 13m, 14m, 15m) add as much resistance as you can without coming out of the seat and cycle for 15 second intervals before **returning to your base-level**. No cheating!

Keep the pace at 65RPM. Remember to protect your knees. Back-off the resistance if at any time you feel that you are putting too much pressure on the knees.

As you approach the 3 mile mark, it's a 9% gradient, and you are starting to feel the power to overcome Whiteface.

### 4. The Toll-Booth Reprieve (NOT)

Manju by E.S.Posthumus (4:17)

Cadence: 80 RPM

Gradient: 5%-6%

RPE: Moderate to Hard/7.5-8

We are beginning our transition from moderate to hard, and your body knows it.

The road appears to flatten as you approach the toll booth area. You quickly notice that the gradient has eased to 5%.

Back-off a small amount of resistance until you feel as though you are on a 5% hill. Then speed up your cadence to 80RPM. We'll call this an "active" recovery, meaning that it is less intense than the previous segment. Remember there are no flat roads to the summit. This is as easy as it will get. Stay here for a minute.

You are suddenly feeling good. You look around, and take in the scenery. You feel warmed-up, powerful, and ready to conquer this climb.

At 17.5 minutes, add enough resistance to protect your joints and come out of the saddle for 20 seconds. When you return to the seat, keep the resistance where it is. This is where the resistance will be for the remainder of this track.

At the top of the next 2 minutes (19m, 20m), repeat the 20 second out of the saddle effort at this constant resistance. Maintain your cadence at 80RPM.

You know that you are riding at a pace that cannot be sustained for the remainder of the ride, but it feels oh, so good. The road is smooth; the air is cooling your body. You should now be walking the threshold tightrope.

### 5. The Wall

a) Salva Mea by the Groove Factory (5:53)

b) Ready, Steady, Go by Oakenfold (4:13)

Cadence: 65 RPM

Gradient: 9%-10%

RPE: Hard to Very Hard/8-9

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You are approaching the steepest section of the climb, with the gradient increasing from 6% to 10%. Slow your cadence down to 65RPM by adding resistance. You should feel your heart-rate slowing to an aerobic pace. Not for long. We'll stay here for 1.5 minutes (until 22:30).

Take some deep breaths in through your nose, filling up your lower lungs to capacity. Replenish your energy with fresh oxygen. This will be your test of strength here, and control is key. Control your breathing, control your pedal stroke, and control your mind.

Take-in the spectacular views on your right – the peaks of the Adirondacks pale in comparison to the summit that you are now climbing.

As you look ahead, you see that the road steepening. You will soon feel the gradient increase to 10% over the next mile. Take another deep-breath of nervous anticipation.

While seated, start loading the resistance every 30 seconds or so over the next 2 minutes until you feel like you just can't stay in the seat any more.

We will remain here until the end of this track – about 2 minutes.

Feel free to come out of the saddle at any time.

Keep the cadence efficient by remaining at 65RPM.

Think about controlled breathing, think about circular, fluid pedal strokes, and think about energy flowing from your hips, to your gluts, hams, quads and calves. Think about hovering around threshold – no more and no less. At this moment, you are a finely tuned power-house.

Check your form. When you are seated, slide your hips back in the saddle. When you are standing, balance your weight over the crank arms.

You are at the 4.5 mile mark and as you look ahead, you can see the castle at the top of Whiteface Summit. Boy, it sure looks a long way, away, and really high-up, but this vision has gifted you with enough adrenaline to power through to the 10% gradient that you are now approaching.

Add one more final twist of resistance to simulate the increase to a 10% gradient.

Stay at this resistance to end of this segment (4 minutes), alternating between seated and standing – whatever it takes. Remember to back-off the resistance if there is ever any pressure on your joints. The effort on this hill will definitely leave you breathless. As you attack the 10% gradient, you are generating more lactate than your body can flush-out, and your muscles are screaming for you to stop.

Just when you think that you can't continue at this level of intensity for one second more, mile- 5 rewards you with a 6% gradient....

### 6. Reward

Archangel by Two Steps from Hell (2:34)

Cadence: 80 RPM

Gradient: 6%

RPE: Moderate/7.5

Back-off some resistance as the gradient eases from 10% to 6%.

Take some deep-breaths to bring down your heart-rate, and be sure to hydrate.

Remember that 6% is not a flat road – there are no freebies here. It's still a hill, so make sure that is reflected in your resistance. You should feel your heart-rate slowing, but don't let it fall below an RPE of 7.5.

This mile is a short reward....before we slam hard into the next hill. Enjoy it!

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### **7. Lake Placid Turn**

Explosive by Bond (3:10)

Cadence: 60 RPM

Gradient: 9%

RPE: Hard/8.5

BANG – another wall! Over the next minute, keep adding enough resistance to slow your cadence down to 60RPM and simulate a 9% gradient. Be honest with yourself – 9% hurts. Does this hurt? You should be teetering around your threshold again. Try to stay here for another minute.

Relax the upper body to eliminate muscle tension. Elbows loose, shoulders down, and not too much weight on the handlebars. Grip should be light (no white knuckles)

You are now approaching Whiteface’s first switchback, called the “Lake Placid Turn.” You know that you are getting close to the summit, and so comes another burst of inner energy. You decide to take this left switchback wide, choosing to sacrifice speed for stability. Maintain your cadence of 60, and power-up your resistance (as much as you can handle) as you climb out of the saddle to make this wide left-turn. Stay here for 20 seconds, then sit-down and back-off some resistance – not much. We are still at a 9% gradient, and working hard.

### **8. Steady Does It**

Truth be Known by Atlas Plug (4:45)

Cadence: 75 RPM

Gradient: 7%

RPE: Moderate to Hard/8

With less than 2 miles to go, you feel like you are riding on nervous energy. You are so close...and yet so far. At a 7% gradient, back-off the resistance a little, but increase your cadence. This is still a major effort.

It’s just enough to keep you hovering around or just below your threshold. Every 30 seconds, I want you to tune-into how you are feeling. If your effort level leaves you comfortably in the aerobic zone, I want you to add a little more resistance. If you are well into your anaerobic zone, I want you to back-off. You are in control of your intensity here.

### **9. The Penultimate Mile**

The Change by Evanescence (3:42)

Cadence: 75 RPM

Gradient: 5%-8%

RPE: Moderate to Hard/8

Revisit your body. How are you feeling? We are trying to maintain an RPE of 8. Add as much resistance as you can at 75PRM that will allow you to hover around an RPE of 8.

Hydrate and enjoy the breathtaking views of the surrounding mountains. You are feeling great.

With less than a mile to the summit, you can taste your own success. Breathe in the feeling of accomplishment. Start preparing mentally for a strong finish to the Summit. You are not going to sneak-up to the summit – you are going to use every last bit of energy that you have to STORM the summit and announce your arrival.

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### 10. Triumph

Tour de France by Kraftwerk (5:12)

Cadence: 70 RPM

Gradient: 5%

RPE: Hard to Very Hard/8-9

Energized, you are approaching Whiteface's second and final switchback at about 70RPM, called the "Wilmington Turn." Add enough resistance such that you feel as though you need to come out of your saddle. But remain seated for 30 seconds.

This switchback you are going to take on the inside, instead of wide. Add another twist of resistance and come out of your saddle to make this tight right-hander. Peddle as fast as you can for 20 seconds. Go Go Go! You are almost tempted to look at the view from this vantage, but to do so would destroy your focus.....and could be deathly dangerous. After you have defeated the switchback, return to your saddle and take off a little resistance.

The finale mile of this climb is a 5% gradient. Easy, right? Catch your breath for a minute.

You are now heading though the cliff-lined chute of the final half-mile of this climb, and you are oddly saddened that you are running out of road to climb.

You are 3 minutes into this track, with about two minutes remaining. As you approach the summit, you summon your last drop of energy for a power-finish that will blast you through your anaerobic threshold.

This is your ride - your choice. How will you finish the last 2 minutes? Pace yourself.....2 minutes is an eternity if you overshoot.

1 minute to go.....how will you finish?

30 Seconds to go – how will you finish?

I am going to add resistance until I have to come out of the saddle. You can finish with me, or at your own pace. I am going to power-climb as fast as I can to the summit for the last 30 seconds.

10 Seconds to go.....

If, when you reach the summit, the combination of adrenaline, achievement, and pushing your body to its physical limit makes you think that you are going to lose your breakfast – That's excellent! This means that you left everything you had on Whiteface Mountain! Congratulations!11.

### Recovery - Descent

Intro by DJ Encore (1:47)

Cadence: 70 RPM

RPE: Moderate/7.5

Release the resistance load, hydrate, and take in the views for 1 minute. At the top of the summit is a castle where you can grab a snack. From the summit, you can see Lake Placid and the Adirondack High Peaks.

We are not staying for long. The best part of this climb is the descent. What goes up must come down. The road surface is good most of the way, and many long, straight sections with sweeping turns can be blasted at 40mph or more.

If your heart-rate slows such that you are approaching an RPE of 7, add a little resistance. There is still more work to do – but nothing as strenuous as the ascent. It just gets easier from here.

Instead of "cruising" down the mountain like we might on a road-bike, we are going to surrender to the limitations of a stationary bicycle and keep pedaling.

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Fuego by Bond (2:59)

Cadence: 66 RPM

RPE: Moderate to Easy/7

I want you to close your eyes and imagine that you are pedaling down-hill (not recommended on the road). Add quite a bit of resistance to simulate a really high gear, and pedal at 60PRM so that you are powering down the hill, and your flywheel isn't carrying you down. Even though you are pedaling slowly, you are building speed...20mph...30mph.

Feel the cold breeze in your face. The wind is slowing you down a little. Feel your heart-beat slowing. Intensity is transitioning from moderate to easy. Stay here for the duration of this track.

Moonlight Sonata (Techno Remix) by Ultramax (5:08)

Cadence: 80 RPM

RPE: Easy/6

As you approach the tollhouse, it's possible to reach speeds in excess of 60mph with a favorable wind. We are not going to do that today, since we are cooling down. Back off more resistance and increase your cadence to 80RPM.

Close your eyes and think about your climb to the top of Whiteface Mountain. Think about the thrill, the fear, the pain. Are you glad that this climb is over, or sad?

Relax and enjoy the ride for 3 minutes. Then stretch for remainder of the ride.

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### Instructor Profile - Allison Santoro

I became a certified indoor cycling instructor, after spinning for fitness and leisure since the early 1990s.

As a student, I noticed that there were a wide range of teaching practices and styles, and many instructors were quite obviously not qualified to be teaching an indoor cycling class. Frankly, some classes were so bad, it's a miracle that I still have my knees and back intact.



Anyway, I decided to take my Spinning® certification so that I could establish myself as a knowledgeable instructor that could provide constructive coaching on performance, technique and safety.

I currently teach a lunchtime indoor cycling class at Fitcorp at the Prudential Center in Boston. I also teach the occasional weekend class in New Hampshire, where I live.

I met my husband and best friend Al, over 20 years ago, and we've been married for 7 years. We live in New Hampshire on the seacoast, which is about 50 miles north of Boston, where I work.

Funnily enough, it was my husband's love of cycling that prompted me to buy a road-bike and venture outdoors. I was quickly hooked on cycling outdoors, and before I knew it, Al and I were signing up for century rides, and I even did the Boston to New York aids ride a couple of times.

When I'm not cycling, instructing, or working, I like all things outdoors – especially golf. I started playing golf a couple of years ago, and like cycling, I was immediately hooked.

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WHITEFACE MOUNTAIN - SURRENDER TO GRAVITY								
Quick Profile								
Segment	Gradient	Cadence	Song	Instructions	Ft Elevation	RPE		
<b>1. Warm-up – Apprehension</b>	7%	80	A Perfect Lie by The Engine Room (3:26)	3 resistance increases	1,006 - 1,272	Easy	<65%	6
<b>2. Warm-up – Commitment</b>	7%-9%	70	What Goes Around Comes Around by Justin Timberlake (7:42)	Add resistance to slow cadence to 70 RPM. At the top of the next 3 minutes (5m, 6m, and 7m) add resistance, and climb out of saddle for 20 second intervals. Recover after each interval. At the top of following 3 minutes (8m, 9m, and 10m) add a small amount of resistance and climb out of the saddle for 20 second intervals. When you return to the seat, maintain this resistance. If your RPE is rising above 7, do not add more resistance.	1,360-2,021	Easy to Moderate	65%-70%	6-7
<b>3. Self-Doubt</b>	9% - 5%	65	Jump [Jacques Lu Cont Edit] by Madonna (5:19)	Add resistance to slow cadence down to 65 RPM. This will be your “base” level. At the top of the next 4 minutes (12m, 13m, 14m, 15m) add as much resistance as you can without coming out of the seat and cycle for 15 second intervals before returning to your base- level. As you approach the 3 mile mark, it’s a 9% gradient.	2,100-2,257	Moderate	75%	7.5
<b>4. The Toll-Booth Reprieve (NOT)</b>	5% - 6%	80	Manju by E.S.Posthumus (4:17)	The gradient has eased to 5%. Back-off a small amount of resistance and speed-up cadence to 80RPM. Stay here for a minute. At 17.5 minutes, add enough resistance to come out of the saddle for 20 seconds. When returning to the seat, keep the resistance where it is for the remainder of this track. At the top of the next 2 minutes (19m, 20m), repeat the 20 second out of the saddle effort at this constant resistance. Maintain cadence at 80RPM.	2,336-2,572	Moderate to Hard	75%-80%	7.5-8.0