



Indoor Cycle Instructor PROfile Winch and Plummet

Created by: Doug Rusho / Stages™ Indoor Cycling
Training Type: All Levels
Cycling Specificity: Bikes with metrics (power and cadence)
Total class Length: 60 minutes

Objectives:

#1: Students will experience the contrast between resistance and cadence, as it relates to steady state power production.

#2: Students will begin to discover what resistance/cadence combination is most efficient for their physiological make up.

Description:

This profile features three, z4 Anaerobic (Lactate) Threshold intervals. Within each interval students will experience contrasting elements of power production. After a progressive warm up students will establish an average “cruising” cadence as a **key reference point** with a suggested range of **65-95 rpms**.

Students should also have a clear understanding of what a threshold effort should feel like if they do not have established power zones.

Each threshold interval will be 10 minutes. For the first 7 minutes, students will maintain a power output in z4 while using a cadence **10 rpms lower** than their reference cadence. This is the “**Winch**” portion focusing on the **resistance** side of power production(or virtual climbing if you will).

In the last 3 minutes students will “**Plummet**” by pedaling a cadence **10 rpms higher** than their reference cadence. This focuses on the **cadence** side of power production (or virtual descending if you will).

The key component is for students to **MAINTAIN THRESHOLD POWER** on both the high and low end of the cadence range.

Indoor Cycle Instructor PROfile

Example:

Ted's Reference Cadence: 85 rpm
Ted's Z4 Power: 250w

Ted's 10m Threshold Interval:

| | | | | |
|-----------|-------|------|--------|-----------------------------|
| "Winch" | 0-7m | 250w | 75 rpm | higher force, lower cadence |
| "Plummet" | 7-10m | 250w | 95 rpm | lower force, higher cadence |

Modifications:

If a 20 rpm contrast is too challenging, students should be informed to adjust their cadence range from their reference interval if pedaling becomes erratic or choppy. Instructors should keep a close eye on student's pedaling form especially during the "plummet" portion of the interval.

Profile:

Stage 1(4:00): Warmup in z1(recovery) and z2(Endurance) and anchor low(z2) and high(z7) efforts. ***z2 is the first place of noticeable effort, you are beginning to feel a workout. Could be maintained for hours. A z7 effort is everything you have in you for 30 seconds or less, with nothing less to give at the end.***

Stage 2(4:00): Progress to z3(tempo, sub threshold). Discuss profile and objectives.

Stage 3(5:00): Progress to z4(anaerobic threshold). Explain the "feel" of threshold effort. ***"Sustainable, obtainable, challenging effort. Continuous impression of moderate muscle activation. Draws/focuses attention, mentally taxing. Breathing is deep and frequent, barely keeping a rhythm."*** Students should make a mental note of avg. cadence at the end of this stage. This is their **Reference Cadence** to be used for the rest of the profile.

Stage 4(3:00): z1(recovery)

Stage 5-9(39:00): Students will maintain power in z4 for 10 minutes. For the first 7 minutes student will "Winch" at 10 rpms lower than their reference cadence. For the final 3 minutes students will "Plummet" at 10 rpms higher than their reference cadence.

Recover for 3 minutes and repeat two more times.

Stage 10(5:00): Cooldown.

Indoor Cycle Instructor PROfile

| Stage | Time | Details | RPE | %FTHR |
|--------------|-------------|---|---------------|-------------------|
| 1 | 4:00 | z1, z2. Anchor high and low efforts | <2 / 2-3 | 68-83 |
| 2 | 4:00 | z3 discuss profile goals and objectives | 3-4 | 84-94 |
| 3 | 5:00 | z4, mental note of avg. cadence at end of stage(reference cadence). Anchor/describe z4 efforts, | 4-5 | 95-105 |
| 4 | 3:00 | z1 recovery | <2 | <68 |
| 5-9 | 39:00 | “Winch” at 10 rpms lower than ref.cad. for 7 minutes. “Plummet” for 3 minutes 10 rpms above ref.cad. Maintain z4 wattage. Recover 3min., 3 rounds total | 4-5 <2 | 95-105 <68 |
| 10 | 5:00 | Cooldown | <2 | <68 |

Key Take Away:

In order to improve fitness we must continually challenge the body with new situations. Everyone has a “comfort zone” resistance/cadence combination when producing power. This profile encourages students to step a little outside their comfort zone for a diverse training effect. It may also be a source of self discovery, where a student realizes where their body works best and/or what their weaknesses are.

Indoor Cycle Instructor PROfile

Winch and Plummet Playlist

| <i>Song</i> | <i>Artist</i> | <i>Rx</i> |
|--|-------------------------------------|------------------|
| "Robot Rock" | Daft Punk | WU Stg 1 |
| "Black Parade" | Globus | Stg 2 |
| "Gunpowder and Gasoline(Mel Wesson Remix)" | Hans Zimmer and James Newton Howard | Stg 3 |
| "The Rubberband Man" | The Spinners | Recovery |
| "Life is Beautiful" | Vega4 | Winch |
| "Thunder Across the Plains" | Airo | Plummet |
| "Stray Cat Strut" | Stray Cats | Recovery |
| "1st Cool Hive" | Moby | Winch |
| "Sirens Call" | Epic Score | Winch |
| "New Moon Rising" | Wolfmother | Plummet |
| "Soak up the Sun" | Sheryl Crow | Recovery |
| "Freebird" | Leonard Skynard | Winch/Plummet |
| "Smooth" | Matchbox 20 | Cooldown |