



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.

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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.

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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.

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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