

THE PROFILE

WARM-UP

Length: 5:00

Intensity: Easy blue

Cadence: 70 to 100RPM

Provide an overview of the purpose of the ride.

Get your legs pedaling with just enough resistance so the pedals are NOT pulling your legs around.

Today we will focus on ‘body awareness’. This workout is suitable for all levels of rider. The objective is to compare the verbal descriptions of effort with the feeling of the physiological changes that are taking place and to learn to control them. These noticeable changes are closely correlated to our individual Ventilatory/Lactate Thresholds.

The warm up here is not as intense as it would be for say a ‘Race Day’ ride. It is more a time of centering and connecting with the class. Teaching the principles behind the Blue Yellow & Red Zones and how you will coach them through the class. It is important to stress NOT letting the heart rate climb too quickly but to release themselves to the coaching for the full experience.

The discussion of ‘how’ will take place during the warm up.

During our ride today I will be cueing you to gradually increase your heart rate from the easy blue - I can do this all day - to the moderate yellow - I can do this for awhile - to red - I cannot do this for very long. At several points during the ride I will intentionally take your heart rate up quickly and then let you recover somewhat. At any point during this ride, if needed, one can reduce their effort simply by spinning at a lower RPM, reduce resistance or return to the saddle.

FIRST INTENSITY INCREASE

Length: 16:00

Intensity: Easy blue to moderate yellow

Cadence: 60 -90 RPM

Prepare to explore Blue and Yellow

The blue and lower yellow zones are perfect for those new or returning to personal fitness. In the blue one can begin the process of getting fit, burn some calories - primarily from fat and stay healthy. As you begin to explore yellow you find that you learn to accommodate the higher heart rates quickly and will soon wish to go harder.

We are going to do a series of intensity increases designed around the verbal descriptors to help make you connect to the physiological changes taking place. Over the next 16 minutes we will explore a variety of moves on the bike to see how they affect breathing, heart rate, muscular endurance and recovery.

We will feel the shift from ‘I can do this all day’ to, ‘this just got harder, I could do this for a while but not all day’ and recovery back to ‘I can do this all day.’ The goal during this segment is to feel the shift from blue to yellow and not let our heart rates get away from us and near the red effort level.

SECOND INTENSITY INCREASE

Length: 18:00

Intensity: Moderate Yellow to hard red

Cadence: 65 - 100

Prepare to explore your yellow zone

For club athletes and those interested in maintaining their fitness, the yellow zone is golden for them. In the yellow zone they improve their fitness, burn the most calories equally from fat and carbs and learn the art of endurance training. It is the best zone to work in if losing or maintaining weight is a goal.

This is the heart rate zone between your first Ventilatory Threshold - where you felt the first ah ha moment of ‘this just got harder’ to the second Ventilatory

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Threshold when one starts to feel like one needs to slow down if they want to continue.

Our work in this zone will use more intense intervals with more emphasis on muscular strength and/or cadence to increase and regulate heart rate. We may touch red but will not spend much time in that zone.

Note: Instructors the goal here is to ratchet up the work just enough so the class is above blue but not in red. I have not included specific cues. How you cue this is up to you and of course depends on the music you chose. I chose the songs I did because of the flexibility they gave me to vary the activity on the bike while at the same time achieving the ultimate goal.

THIRD INTENSITY INCREASE

Length: 15:00

Intensity: Moderate yellow to hard Red

Cadence: 60-90 RPM

Prepare to explore the top of your yellow and red zones.

Above Yellow is the hot Red zone. The Red zone leads you into a new world of training. The Red zone is where you cross the border from comfortable to very uncomfortable intensity. During Red zone workouts, the body's muscles—including the heart—go beyond the oxygen-consuming aerobic threshold. This means you burn gobs of calories—mostly carbohydrates—increase your fitness, and improve your speed.

For the first 11 or 12 minutes we will increase our intensity enough to know where our red zone begins. Then the last song will take us into red through the use of three very hard efforts. Some instructors like to call them jumps or surges, break aways or sprints. Regardless of the name, these efforts are MAXIMUM, EVERYTHING YOU'VE GOT EFFORTS that will last no longer than 30 seconds.

At the end of this segment you will know what red feels like. For those new or returning to exercise it is recommended that they stay in their moderate yellow. Remember you can always modify your effort by slowing your legs, reducing your resistance and/or sitting down.

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Note to Instructors: In playlist 1 during ‘Can’tcha Say’ I usually have the riders in and out of the saddle with as much resistance as they can stand to hit red and then back down to yellow. During ‘Climbing’ I will generally have them doing a seated climb at around 75 RPM. This gives them a chance to recover just slightly but still working, mentally preparing for the last song but not in red. These songs allow me tremendous flexibility but are primarily climbing cadences. During the last song - and if your class can handle it - pound them hard during the chorus. The lyrics work well with the effort.

Notice in Playlist 2 that I include BPM/RPM... Also note that in some cases I have two options for RPM. The second option takes advantage of what I call, BPM MULTIPLES. This is a seldom discussed option for CADENCE. Historically for indoor cycling we have used one half BPM = RPM. However there are MULTIPLES of BPM that work well. Indeed - if you pay attention - you may note that many riders in your classes are unconsciously using multiples. For example: BPM = 120. We usually cue RPM around 60 but 90 is a multiple of 120 and depending on the song, works just as well. It allows an optional fast pace versus high resistance climbing normally used at 60RPM. During the multiple we hit the down beat with alternating feet on the down stroke. I almost never cue it that way unless I’m trying to get the class super aware of their pedal stroke.

COOL DOWN

Length: 5:00

Intensity: 2 - 3 RPE

Cadence: 60 - 90 RPM

Recover completely. Ask them to go to their happy place which is always in blue. Remind them that this method of effort management is simple, repeatable and considers all physiological factors affecting heart rate like hydration, sleep, nutrition and wellness. That at some point refinement - should one be interested - is only a Blink heart rate monitor away.

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Playlist 1

Song	Time	Artist	BPM	Focus
The Time (Dirty Bit)	4:55	Dj Re Do	128	BLUE WARM UP
I Can't Drive 55	4:13	Sammy Hag	132	Increase intensity in and out of saddle
Sharp Dressed man	4:13	ZZ Top	126	Stay in blue but push them harder
The one that got away	3:47	Katy Perry	134	Start to enter yellow
Rumor Has It	3:43	ADELE	120	Stay in low yellow
Lights	4:37	Ellie Goulding	140	Recover to BLUE then Ride fast into yellow
The Edge of Glory	5:21	Lady Ga Ga	122	Climbing, in & out of saddle: explore yellow
It's My Life	3:51	Bon Jovi	120	Seated climb but yellow options abound
Second Chance	3:40	Shinedown	100	Fast flat to touch red, this is not a max effort
Can'tcha Say	5:13	Boston	124	Recover to Blue (happy place) then into yellow
Climbing	6:29	Lionel Richie	96	Progressive increase intensity almost to red
Stronger	3:43	Kelly Clarkson	116	Road flattens but load it up for (3) max red effort jumps during chorus
Run Free	6:29	Hans Zimmer	116	Cool down

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Playlist 2

Song	Time	Artist	BPM	Focus
The Time (Dirty Bit)	4:55	Dj Re Do	128	BLUE WARM UP
I Can't Drive 55	4:13	Sammy Hag	132	Increase intensity in and out of saddle
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