

SESSION # 342

THE RIDE BY KEISER

COACHING AND CONNECTING

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Overview

The lessons learned and the experiences we have gone through have deepened our connections, expanded our reach and leveled up our skills in cycling and technology. As we look ahead to a brighter future, there are opportunities for relaunch and change. Experience how technology advancements, including a review of how cycling apps can be used to your advantage. Let's coach, connect and harness innovation in a positive and inspiring way.

Group Indoor Riders Want

- Connection
- Engagement
- Motivation
- Edu~tainment (Education and Entertainment)
- Coaching
- Results

Why Technology?

- Community - ideal way to connect and build community
- Innovate or isolate – tech is always evolving; stay on top of the trends
- Maintains focus - able to see real-time metrics
- Motivation - riders see immediate changes in effort
- Measurement - actual, real-time measurement of various data
- Baseline - seeing baseline on drill(s) gives a 'place to start' when goal-setting
- Enhances learning - riders begin to understand metrics/data by seeing display
- Supplements coaching - real-time data helps YOU coach more efficiently

Apps

- Keiser MSeries
- Keiser MSeries Instructor
- Keiser MSeries Group
- The Ride by Keiser
- The Ride Studio by Keiser

To add to the workshop, we recommend you download our newest app:

Beta version on iOS (apple) only. <https://testflight.apple.com/join/65cCGaUt>

Current Apps



For Android:

https://play.google.com/store/apps/details?id=com.keiser.mseries.app&hl=en_US&gl=US

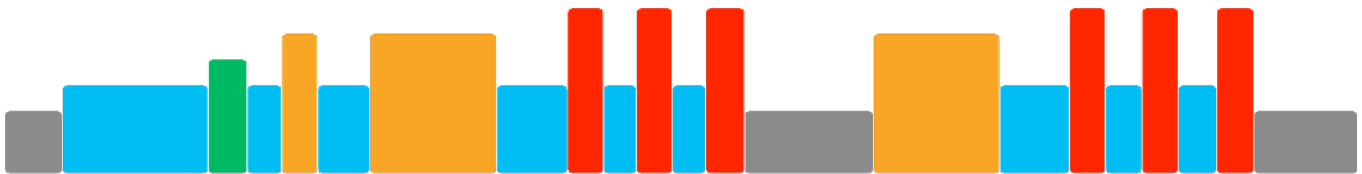
Building the Ride

- Purpose
- Time
- Intensity (Zones 1-5): RPE, HR, Power
- % FTP and % Accumulated FTP

Keiser M Series Group + Keiser App

- Individual
- Group
 - Gamification
 - Team Challenges
 - Individual Challenges

Ride Profile



How to Connect Virtually/In-Person

- Instruct with 'energy' – smile with eyes; create energy through your movements
- Make eye contact with participants and vary your tone of voice to match the workout energy
- Pretend to instruct to more than just the camera or a few people – imagine a packed studio
- Use names, in-person or virtually, as much as possible
- Connect with each rider individually; make them feel special, notice their efforts in a positive way

Connecting

- Intrinsic vs. Extrinsic Motivators
- Types of cues (task cue vs questions for reflection)
- Individualized options
- Word play: ask vs. tell
- Non-drills
- Technique work

Thank you!

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