

## SESSION # 423

# THE RIDE BY KEISER RIDE & RISE

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### Overview:

Let's celebrate our diverse fitness community. Cycling enthusiasts come from all backgrounds and demographics, and using various cues, ride profiles, and specifically music as the language of the ride, we can create a positive workout experience for different riders' styles and needs. A great indoor cycling class is more than activity on a bike; it's about creating an authentic and inclusive ride.

### The 3D Leader vs. the 1D Leader

#### The Rider Profile - Understanding the Styles and Likes of Various Riders

- Always consider 'who' you are teaching to. Classes are made up of individuals with various skill sets, fitness levels and interests.

#### R1 = A rider who enjoys working hard and likes the extra push.

This rider loves intensity and constant challenges. They prefer a short and intense workout. They like to train with a purpose. They love interval-style (HIIT) of training. They want to make the most of the workout time they have.

#### R2 = A rider who is all about enjoying the experience.

Great music and being surrounded with fun riders and friends is preferred. The rider is not necessarily aware of their metrics, and if they look at it, it's not likely to see calorie burn by the end of the workout. The rider wants to have fun, ride to great music and to the beat, and get a good sweat on.

#### R3 = A rider who is very goal and results orientated.

These riders enjoy training with various metrics and love data. They are keen to train with power or RPM or HR, and love tracking their results. They feel confident and are inspired to achieve very specific goals. These riders love to compare themselves to others (or themselves) on the leaderboard.

Your Instructing Profile = \_\_\_\_\_

### The Framework for Creating Rides

1. Intensity-Driven (i.e. HIIT classes)
2. Beat-Driven (i.e. Rhythm classes)
3. Power-Driven (i.e. Metric-based classes)

### Creating the Ride Profile

#### Training with Intensity

- Power Zones, Heart Rate, RPE
- A 5-zone format allows riders to better understand intensity, how their effort level should feel and how to get the most of their training time
- Very Easy (grey), Easy (blue), Moderate (green), Hard (orange), Very Hard (red)

#### Music and Playlists

"The language of the ride!"

#### Workout Playlist

- Profile
- Word/chorus play
- Chorus/verse play

- Genres – mix it up
- Work vs. recovery
- Rhythm work
- Ride flow from start to finish

### Foundations of Instructing

When we are putting together effective workouts and rides, it is important to cover the following components:

- Knowledge – Understanding indoor cycling both from a mechanical application (the features on the bike, rider set up, etc.) to the physiological response (training paradigms) and needs of participants.
- Connections – Creating an ‘experience’ for each rider within the workout. How can we help individuals achieve their personal goals and feel connected within a group setting?
- Communication – The ability to share knowledge and encouragement in a welcoming, safe and applicable manner. Inspiring, motivating and educational communication.

### Group Indoor Cycling Riders Want

- Connection
- Engagement
- Motivation
- Edu-tainers (Education and Entertainment)
- Results

### 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

### Tips to Connect Virtually and In-Person

- Instruct with ‘energy’ – smile with your face, eyes, body
- Make eye contact with riders and vary your tone of voice to match the workout energy
- For virtual, 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
- Be there from beginning to end – the workout is for them

### Ride Profile

