

SESSION # 663

THE RIDE BY KEISER RIDE APEX

Presented by: Krista Popowych kristap@keiser.com IG: kristapopowych

Overview: The apex of any great ride is when feeling good both during and after the workout converge into one. Guiding indoor cycling students toward their personal goals every workout helps them to achieve results and hit their personal peak. In this session, learn how to correctly use intensity by incorporating training zones, heart rate or RPE to help riders truly connect with how the ride should feel. Join us in this inspiring session and learn how to get more out of each and every indoor cycling workout by achieving the apex.

Putting Together the Ride

1. Rider's (who, what, when, why)
 - a. What's your style?
2. Overall Performance Goals
3. Profiles/Formats
4. Music (Party Playlist)
 - a. Look at goal(s) for class
 - b. Terrain – will this determine style of music?
 - c. Word/chorus play
 - d. Chorus/verse play
 - e. Genres – mix it up
 - f. Work vs. recovery
 - g. Rhythm work
 - h. Length matters
 - i. Playlist tricks
 1. Apps to help
 2. Listen with intention
 3. Shazam-ready, set, go!
5. Intensity Factors
6. Break it Down

Understanding Intensity

Training with Intensity

- RPE
- Heart Rate
- Power

5 Training Zones – Workout Design

- | | | | |
|-----------------|-------------------|--------------|---------------|
| • Zone 1 Grey | Active Recovery | <55% FTP | RPE Very Easy |
| • Zone 2 Blue | Endurance | 55-75% FTP | RPE Easy |
| • Zone 3 Green | Tempo | 76-90% FTP | RPE Moderate |
| • Zone 4 Orange | Lactate Threshold | 91-105% FTP | RPE Hard |
| • Zone 5 Red | V02 Max + | 106-150% FTP | RPE Very Hard |

SWEAT Goal Setting

Meeting riders where they are at. Helping individuals / the group achieve 1%+ more.

Three Pillars of a Great Instructor

1. Connection
2. Communication
3. Knowledge

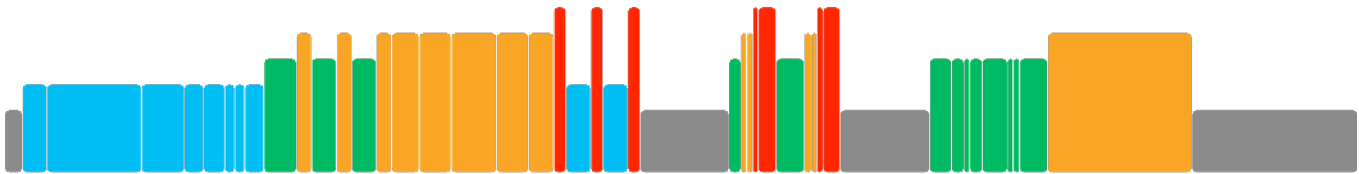
Coaching

- Intrinsic vs. Extrinsic Motivators, Types of cues, Individualized options, Word play: ask vs. tell, Non-drills, Technique work, Assignments

A Few More Tips

- Establish a baseline- At start of ride have riders pay attention to watts and RPE; begin to coach current and future efforts.
- Define class goal(s)- Establish the RPE/Zones/Intensity you are targeting for class; educate what to expect and give a few points for focus.
- Incorporate Individual Motivators- Ask your group to reflect on WHY they are here, WHAT they want from their ride.
- Establish drills- Find 2-4 key drills that help focus in on your overall goal(s).
- Incorporate recovery- Understand appropriate recovery for the workload given and incorporate into ride plan.
- Summarize goals/performance- Remind students of class goal occasionally and educate how the drill helps achieve the goal.
- Self-reflection- Ask riders to reflect on how they did; encourage them to find the positive and potentially set their next individual goal.

The Ride Profile – Hitting the Apex



SET	FOCUS	TIME	EFFORT	DRILL SAMPLE	POSITION
1	Warm Up	5-7 min	2	Warm Up	Seated
2	Rhythm	5 min	2	Pedaling with Rhythm	Seated/Stand
3	Speed	5 min	3	Sprinting	Seated
4	Force	5 min	4	Long Hill Climb	Seated/Stand
5	HIIT	4-5 min	5	Short Interval Hard	Seated/Stand
6	Recovery	2 ½ min	1	Flat Road	Seated
7	Power	4-5 min	4	Power Drive	Seated/Stand
8	Recovery	2 ½ min	1	Flat Road	Seated
9	Rhythm	5 min	3	Up Down Rhythm	Seated/Stand
10	Speed	5 min	3	Time Trialing	Seated
11	Cool Down/ Stretch	5 min	2-1	Cool Down	Seated/Off-Bike

Thank you!

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