



SCHWINN FITNESS

Schwinn® Cycling: The Wake Up Workout

It takes a special kind of instructor to grow and maintain a sold-out indoor cycling class in those early morning time slots. But crack the code and you'll find yourself coaching a pack of the most loyal riders in the club. This workshop covers the Top 5 "musts" for winning in the morning and you'll experience a wake-up ride to make you rise and shine. Don't worry about getting up in time to have your coffee first. In this workshop we supply the coffee too!

Why Wake Up?

- Morning Workouts...
 - Foster a committed, systematic training-style
 - Better sleep = Better weight loss results
 - Positive effects on metabolism
 - Increase mental sharpness
 - Give you permission to have coffee, (i.e., moderate caffeine intake improves performance)

Considerations - Students

- Warm Ups and Cool Downs
- Nutrition and Hydration: Best, Better, Bad
- Just waking up vs. Ready to go to bed
- Intensity and Goals
- Form and Technique

Considerations – Instructor

- No dilly-dallying!
- No subs
- Not a time to test material
- Success with interactions
- Music tips

How do you know this is a good fit for you?

- You're already up (and you don't need coffee!)
- You like being the direct, no nonsense and encouraging coach
- You're a "Ring Leader/Party Host"
- You thrive on being organized

Sample Wake Up Workout

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Stage / Total Time	Music	RPM/ Terrain / Technique		Intensity / Elapsed Time			MPower/ Dimensional Cueing	Mind/ Body
WU 3:50	Days to Come - Instrumental [Bonobo]	70-90	Seated Flat	Easy	0:00	3:50	Set Push Point Observe Base Wattage Big Picture	<i>Association:</i> Turn Inward Assess your day to come
1 8:14	Beautiful Day – The Perfecto Remix [U2]	80-90 70-80 60-70 70-90	Seated Flat Combo Hill Seated Hill Standing Hill	Easy Moderate Hard Anaerobic	0:00 1:00 3:52 7:16	1:00 3:52 7:16 8:14	PROGRESSIVE BUILD Allow the RPMs to change slightly as the hill gets steeper Goal- Keep MPH gradually increasing as you head up the hill.	<i>Dissociation:</i> Let this hill determine how your day will go. It might get tough, but you won't let it be frantic from the start. **Take it ONE breath at a time**
2 20:00	Sunshine [David Guetta, Avicii] [6:01] ---- You! Me! Dancing! [Los Campesinos!] [6:41] ---- Always Look on the Bright Side of Life [Monty Python] [3:36] ---- Right On Time [Skrillex, 12 th Planet & Kill The Noise] [4:05]	70-90 70-90 70-90 70-90 70-90 70-90	Seated Flat Combo Flat Seated Flat Combo Flat Seated Flat Combo Flat	Easy Hard Easy Hard Easy Hard	0:00 1:05 2:08 4:15 0:00 3:25	1:05 2:08 4:15 6:01 3:25 6:14	AROUND THE TRACK Observe Watts during the 1 st interval and use for the other 4. Use gears + RPM for intensity. 4 intervals <i>Challenge – increase the Watts you push during each interval, as well as the Watts you see during the Recovery</i>	<i>Dissociation:</i> Put 4 things on your to do list in order of importance. Decide now how much effort you're willing to give. None of them will make you lose your breath! **Avoid Panic**
3 8:00	Good Morning Sunshine [Alex Day] [3:30] ---- Kick It – Stereoheroes Remix [Nina Martene] [4:42]	80-90 80-90 70-80 70-80	Seated Flat Seated Flat Combo Hill Standing Hill	Easy Moderate Hard Anaerobic	0:00 1:00 0:00 3:25	1:00 3:30 3:25 4:42	MORE ON TOP Last Push You've been here before; you've seen every intensity ... can you recreate without any numbers? <i>Observation – how close can you get without looking for ¼ of the time?</i>	<i>Dissociation:</i> One thing in your life that you're just waiting for a breakthrough? Now's your chance to KICK IT... Find some help for a new perspective. **Sometimes we're the ones holding us back**
5 6:26	I Make My Own Sunshine [Alyssa Bonagura] [2:26] ---- A Beautiful Day [India.Arie] [3:52]	80-90 n/a	Seated Flat Off Bike	Easy CD	0:00 0:00	2:26 3:58	Recovery	<i>Association:</i> Turn Inward Assess your day to come Has It Changed?

All tracks sourced from iTunes or Spotify.com



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Schwinn Indoor Cycling
Official Site



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