Schwinn® Cycling: Staying Power

Inspired by Schwinn® Master Trainer Gregg Cook’s success teaching up to 20 sold out indoor cycling classes per week throughout New York City. This workshop will show you how to build and deliver rides with staying power. Learn to create ONE ride template you can teach to everyone from uptown to downtown all while avoiding personal coaching burn out. Gregg will cover class planning, music use and selection and share tips for how to read your riders’ energy and anticipate the group’s needs in the moment to coach each class to their full potential.

Overview
- “Staying Power” Defined
- How to Get There
- Why It Works

Tools
- Class Design
- Music
- Group Assessment

10 Tips for Staying Power
1. Get to know your students.
2. Meditation/Visualization
3. Every class is an opportunity
4. Test drive the workout
5. Lemons to lemonade
6. Reading for imagery; Lingo; Mental game
7. Sample other classes
8. Love/Care for YOU
9. Welcome and encourage feedback
10. Change it up (class schedule)

Tactics
- Ride overview
- Ride customization

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<table>
<thead>
<tr>
<th>Stage / Total Time</th>
<th>Music</th>
<th>RPM/Terrain / Technique</th>
<th>Intensity / Elapsed Time</th>
<th>MPower™</th>
<th>Mind/ Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (7:00)</td>
<td>“Let Em Know It’s Time” By Pretty Lights</td>
<td>90-100/Combo Flat</td>
<td>Easy 0:00-2:00 Moderate 2:00-2:30 Easy 2:30-4:30 Hard 4:30-5:00 Moderate 5:00-6:00 Hard 6:00-7:00</td>
<td>Observation: Watts in easy zone. <strong>Goal:</strong> Each time you go increase watts reach for slightly higher range. Each time you back off again settle at slightly higher range.</td>
<td>Connect with why you are here today. Make a commitment to hold yourself accountable in the moments of decision.</td>
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<tr>
<td>2 (5:30)</td>
<td>“3rd Earth” (Heartbeat Remix) By Solarstone, Scott Bond</td>
<td>65-75/Combo Hill</td>
<td>Hard 0:00-5:00</td>
<td>Observation: Distance at the end of stage.</td>
<td>With each pedal stroke let go of the things, thoughts that hold you back. Let feelings of freedom and empowerment flow.</td>
</tr>
<tr>
<td>3 (3:00)</td>
<td>“The Distance” By Cake</td>
<td>85-90/ Seated Flat</td>
<td>Moderate 0:00-3:00</td>
<td><strong>Goal:</strong> Tight control of consistent MPH.</td>
<td>Tight pace line. Match the cadence of rider in front of you.</td>
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<tr>
<td>4 (10:00)</td>
<td>“Greatful Dead” By L.S.D.</td>
<td>75-95 Standing Hill</td>
<td>Anaerobic/Easy</td>
<td><strong>Challenge:</strong> Ride 1/2 mile hill repeats at max watts. Ample recovery in order to repeat close to same power output.</td>
<td>Think of someone, something or an opportunity that thrills you inside. “Strong here strong now”</td>
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<tr>
<td>5 (4:00)</td>
<td>“Good Woman Down” By Mary J. Blige</td>
<td>85-90 Seated Flat</td>
<td>Easy 0:00-1:00 Hard 1:00-1:30 Easy 1:30-2:30 Hard 2:30-3:00 Easy 3:00-4:00</td>
<td><strong>Goal:</strong> Each time you go hard reach for slightly higher range. Each time you come back to easy settle at slightly higher range</td>
<td>Tight pace line. Match the cadence of rider in front of you.</td>
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<tr>
<td>6 (5:30)</td>
<td>“Whole Lotta Love” By Led Zeppelin</td>
<td>90-95/Combo Flat</td>
<td>Hard 0:00-5:00</td>
<td><strong>Goal:</strong> Match distance covered in stage 2.</td>
<td>Same as stage 2.</td>
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<tr>
<td>7 (6:00)</td>
<td>“Climbatize” By The Prodigy</td>
<td>80-95 Standing Hill</td>
<td>Anaerobic/Easy</td>
<td><strong>Challenge:</strong> Ride 1/4 mile hill repeats at same or higher watt range as stage 4. Ample recovery in order to repeat close to same power output.</td>
<td>You have an audience of peers and loved ones. Show them what you’re made of. “Staying power”</td>
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<tr>
<td>(5:00)</td>
<td>“Amsterdam” By Cold Play</td>
<td>N/A</td>
<td>Easy</td>
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</tbody>
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