



# Schwinn® Cycling: Class Design Crunch Time

Every instructor knows that an awesome class comes from preparation and planning; every *great* instructor knows how to develop that class in less time! This workshop is all about working smarter, not harder to put great rides together. You'll learn multiple class design tricks of the trade and walk away with a library of 25 mix and match stages you can use immediately to create a ride from scratch or re-energize a well-loved workout.



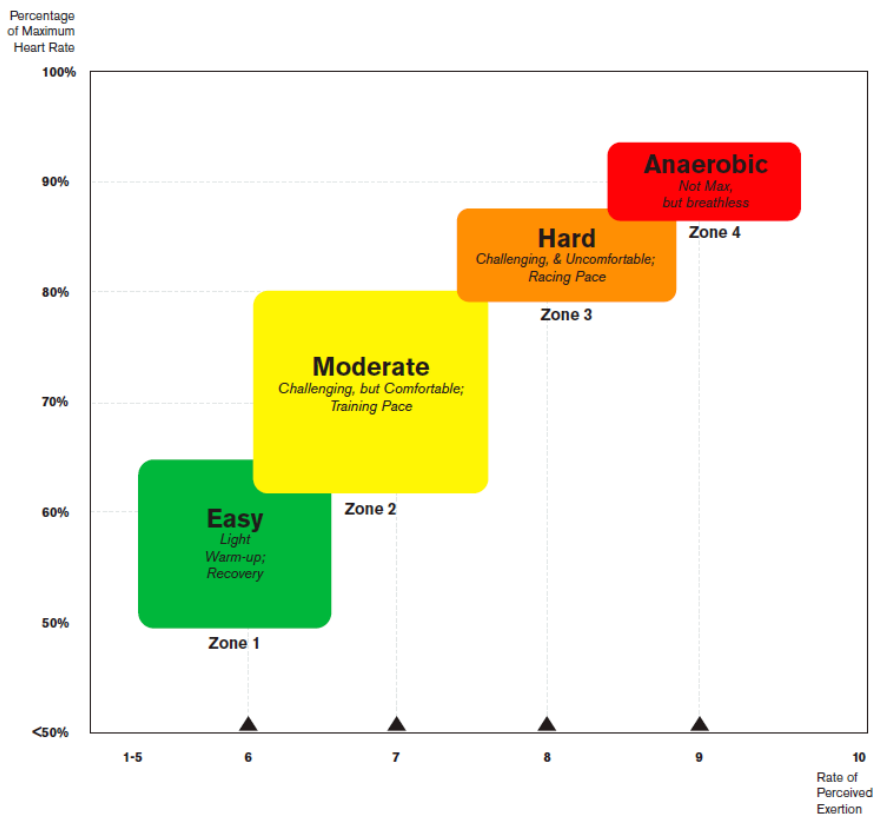
**CADENCE + RESISTANCE = INTENSITY**

RPM Ranges							
Flats	50	60	70	80	90	100	110
Hills	50	60	70	80	90	100	110
Recovery/Descent	50	60	70	80	90	100	110

Ideal  
  Occasionally  
  Avoid

60 RPM
99 RPM

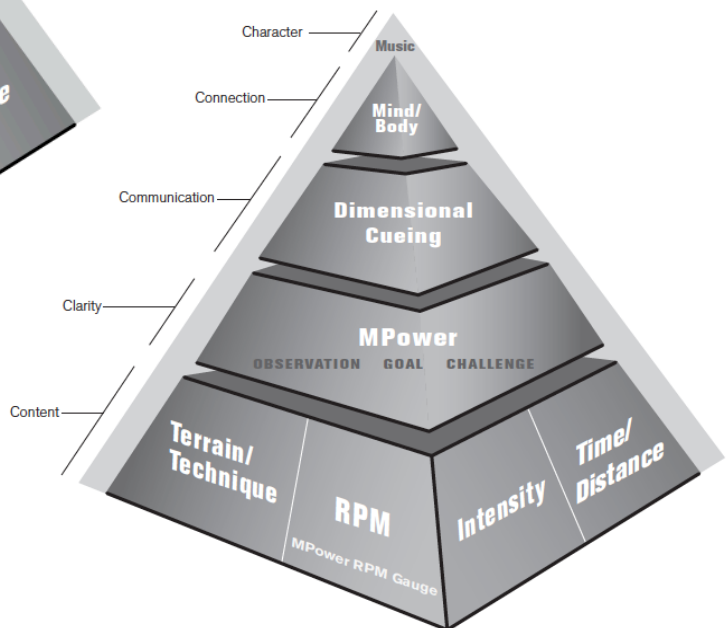
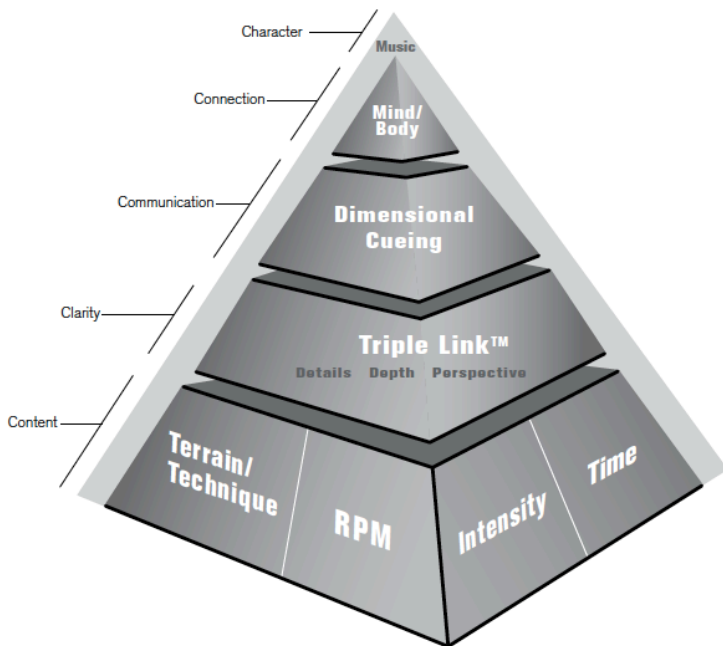
**CLASS PLANNING = INTENSITY VS. TERRAIN**



GET READY!

## The Coach Approach

Intensity	Triple Link Cues using Dimensional Cueing
EASY	
MODERATE	
HARD	
ANAEROBIC	



**GET SET!**

**Warm Ups**

Approach	Intensity/Time	RPM/Technique	Triple Link Cues	MPower™ (Console)	Music Match
1. <b>Progressive Intensity</b>	Easy > Moderate; Equal Increments	70 -90 RPM SF > StF	Find an RPM that feels comfortable, try to keep consistent as you gradually turn the knob to find challenged but comfortable.	Observation: Watts ↑	Upbeat with Steady Rhythm
2. <b>Easy/Moderate Intervals</b>	Easy/Moderate; Verse/Chorus	90 / 80 RPM SF / StF	Add enough resistance as you stand to drop your legs by 10 RPM & increase your intensity.	Observation: MPH ↑↓	Pop Structure
3. <b>Jump in/Back off</b>	Hard > Moderate; 1/3...2/3	80 RPM SF / CF	Take care of the tough stuff in the saddle; then give yourself relief by holding RPMs steady but using your body position for to assist you.	Goal: Find Watts too high to sustain, back off to sustainable	Driving Remix

**Recoveries**

Approach	Intensity/Time	RPM/Technique	Triple Link Cues	MPower™ (Console)	Music Match
1. <b>Social/Mobile</b> (Posture Breaks; Riding Buddy Check-in)	Easy	90 RPM SF	Give your partner a thumbs up if you think he/she's back to a conversational effort.	Observation: Avg/Max Watts	High Energy/Fun
2. <b>Reflective</b> (Eyes closed, Mantra; Visual Imagery)	Easy	70 -90 PM SF	Find an RPM that works for you; slower than where you just were - that makes you eager for the next push.	Observation: Steady Watts	Singer/ Songwriter
3. <b>Custom</b> (Take only as much recovery as needed)	Easy > Mod Timing is Personal	90 > 80 RPM SF > StF	The minute you think you could carry on a conversation with me, turn the knob enough to drop your RPM by 10 and get back to speaking in short sentences only.	Observation: Heart Rate ↓	Rhythmic

**Cooldowns**

Approach	Intensity/Time	RPM/Technique	Triple Link Cues	MPower™ (Console)	Music Match
1. <b>Performance Review</b>	Easy/Moderate; Equal Increments	70 – 90 RPM CF	Stand & let the legs slow to come down to easy, sit & speed the legs up to touch moderate intensity every 30 seconds.	Observation: Avg/Max Watts	Instrumental
2. <b>Emotional Appeal</b>	Moderate > Easy; Equal Increments	70-80 > 80 -90 RPM StF > SF	Begin out of the saddle for 1 <sup>st</sup> ½ of the song, concentrate on deep breathing to bring HR down. Then, sit, speed legs up & decrease resistance to finish cooldown.	Observation: Watts ↓	Singer/ Songwriter
3. <b>Interactive/MVP</b>	Easy	80 – 90 RPM SF	Find a faster leg speed with less resistance in the first verse of the song. We'll hang on to that speed through the end.	Observation: Total Distance	Top 40

GO!

## Steady State Stages

Approach	Intensity/Time	RPM/Technique	Triple Link Cues	MPower™ (Console)	Mind/Body
<b>1. Holding Steady</b>	Moderate <i>Full amount of time</i>	60-70 RPM SH	Pick an RPM & stick with it for the full time; try to keep adding resistance throughout.	Observation: Distance	Think 'cruise control' ... no extra effort required but covering mileage all the while.
<b>2. Hanging Tough</b>	Hard <i>Full amount of time</i>	+10 RPM SH	Wherever you are, add 10RPMs without letting up on the resistance.	Goal: Add wattage as you add RPM	The knob represents something you're not willing to give up on in life; it would be easier to turn the resistance down when your RPMs go up, but you're not going to do it!
<b>3. Living on the Edge</b>	Mod/Hard/How close can you get to Anaerobic? <i>Equal Increments</i>	70-90 RPM (HOLD) SF > CF > StF	Every 30 sec, keep your RPM steady but try to add resistance. You can change your body position, but you can't let up on the RPM.	Challenge: Increase the distance you travel with each intensity change	The rider you see in the distance is someone you're not OK with letting beat you. But, you're also not OK being breathy when you pull up next to them. What will it take to still look like you're in control of your breathing when you catch up?
<b>4. Stairway to Heaven</b>	Easy > Mod > Hard > An! <i>Time goes down as intensity goes up!</i>	90 > 80 > 70 > 80 RPM StF > SF > CH > StH	Play with RPM & Riding Technique to get to the top; you'll need a little extra leg speed to push to the top of the hill.	Goal: Remember wattage from a past hard stage & see if you can achieve it again before you become too uncomfortable?	You're side by side with a good friend that pushes you; you're trading off 'challenges' as you head up to the hill. It's a friendly competition, but you plan to reach the top together. GO!
<b>5. What Goes Up, Must Come Down</b>	Easy > Mod > Hard > An! > Hard > Mod > Easy <i>Timing varies</i>	70 – 90 > +10 > - 10 RPM	The ascent will be the easy part; it's not hard to increase intensity ... but on the back side I'm going to ask you to back off the same way you went up & that will take some mental toughness.	Goal: Watch the MPH as you progress from Easy> Moderate>Hard & when you come down, try to hit those same #s as you pass back through the intensities.	Prove to yourself what you're capable of on the front side; then, hold yourself to the standard that you've set on the back side. Are you willing to be lesser than you're capable?

## Interval Stages

Approach	Intensity/Time	RPM/Technique	Triple Link Cues	MPower™ (Console)	Mind/Body
<b>1. Even-Steven</b>	Any repeating cycle of two intensities: Easy, Moderate, Hard or Anaerobic :30/:30 (Equal Increments)	70-80 RPM / SF	Without changing your RPM, give an aggressive turn to the resistance knob & stay seated.	Goal: Eyes on the distance, double the distance you traveled during recovery as fast as you can with the burst.	Put three things in front of you that you want desperately. Each time you're successful in doubling distance before the bell, you can collect your prize!
<b>2. 3 out of 4</b>	Anaerobic/Easy :45 – 1:30/Work + :10	70 RPM / CH 80 RPM / SF	Resist the urge to go in & out of the saddle a ton during the work; reserve the standing for when your legs just can't take it anymore.	Observe: Keep an eye on how far your wattage drops during the recovery.	The grade is STEEP & SEVERE; see how you're going tackle it during the recovery and waste no time when the interval starts or the hill will eat you alive!
<b>3. Tabata Timing</b>	Anaerobic/Easy :20/:10 x 8 = 4:00	80-100 / SF - work 70-90 / SF -recovery	Trust your breath not your HR monitor during the work. You have permission to let go completely during the recoveries.	Challenge: Take a look at the MPH you get during the 1 <sup>st</sup> interval, try to meet it or beat it at least 4 times during the rest of the sets.	Decide now whether you're in or you're out ... there's no doing this half way. If you're in, trust that you can do ANYTHING for :20. When you feel like backing off, let the word TRUST be your soundtrack.
<b>4. 30/20/10</b>	Moderate/Hard/Anaerobic :30/:20/:10 x ?	70/80/90 StF >> SF	Add resistance & RPMs to increase intensity; Resist the urge to back off completely during the moderate section.	Goal: Check your avg. wattage before the 1 <sup>st</sup> interval; try to stay well above that # during each moderate push.	Someone who knows your 'best' work is watching you ... would they proud or would they think you were playing it safe?
<b>5. Minute to Win It</b>	Moderate/Hard 9:00 :50/:10; :45/:15; :40/:20 :35/:25; :30/:30; :25/:35 :20/:40; :15/:45; :10/:50	60-70 RPM / StH 70-80 RPM / SH	Check your breath during the pushes; you should still be able to say at least 2-3 words at a time!	Challenge: You must beat the distance you travel in a minute EACH interval!	Pick a riding buddy (real or imaginary). At the end of each minute, you'll have to tell your partner if you beat your distance from the previous interval! Make sure you can talk at the end.

Riding Technique Legend	
SF	Seated Flat
SH	Seated Hill
StF	Standing Flat
StH	Standing Hill
CF	Combo Flat
CH	Combo Hill

# Schwinn® Cycling: Class Design Crunch Time

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Stage	Music	RPM/ Terrain/Technique	Intensity / Elapsed Time	MPower™	Mind/ Body
1 ≈8:00	Hard Worker The Avett Brothers (2:05)   130+ bpm  All of Me (Ryan Skyy Remix) John Legend (6:43)   128 bpm	>100 Seated Flat	Hard 0:00 2:05	<b>Goal:</b> Find Watts too high to sustain, back off to sustainable  Take care of the tough stuff in the saddle; then give yourself some relief by holding RPMs steady but using your body position for some extra assistance.	<b>JUMP IN / BACK OFF</b>
		70-90 Standing Flat	Moderate 0:00 1:45		
		Seated Flat	Moderate+ 1:45 2:15		
		Standing Flat	Moderate 2:15 3:44		
2 ≈10:00	Animals Martin Garrix   (5:04)   130 bpm  Head Like A Hole Nine Inch Nails (5:00)   117 bpm	60-80 Seated Hill	Moderate > Hard+ 0:00 5:04	<b>Challenge:</b> Increase distance you travel from song 1 to song 2  During the set, every 60 sec, keep your RPM steady but try to turn the knob. You can change your body position, but you can't let up on the leg speed.	<b>LIVING ON THE EDGE x 2</b> The rider you see in the distance is someone you're just not comfortable with letting them beat you. But, you're also not comfortable being breathy when you pull up next to them. What will it take to still look like you're in control when you catch up?
		60-80 Combo Hill	Moderate > Hard+ 0:00 5:00		
3 4:00	Happy (Feat Derek Martin) C2C   (3:55)   120 bpm	90 SF	Easy Custom	<b>Observation:</b> Heart Rate ↓  The minute you think you could carry on a conversation with me, turn the knob enough to drop your RPM by 10 and get back to sentences only.	<b>CUSTOM</b>  Pay close attention to your breath; do you really need one more second of recovery or could you get back on the road and call it good?
		80 StF	Moderate Custom		
4 ≈15:00	Riders on the Storm (Eric Sneo Mix) Tube Tech   (6:28)   144 bpm  A Little Less Conversation (JXL Radio Edit Remix) [Elvis vs JXL] Elvis Presley (3:33)   115 bpm  Mind of a Beast The Glitch Mob (4:17)   150+ bpm	80-90 SF	Moderate 0:00 2:11	<b>Challenge:</b> Take a look at the MPH you get during 1 <sup>st</sup> interval, try to meet it or beat it at least 4xs during the rest of the sets.	<b>TABATA TIMING x2</b> Decide now whether you're in or you're out ... there's no doing this half way. If you're in, trust that you can do ANYTHING for :20. When you feel like backing off, let the word TRUST be your soundtrack.
		80-100/ SF>StF	Anaerobic/Mod 20/10 X8		
		70-90 SF	Easy 0:00 1:28		
		80-90 SF	Moderate 1:28 3:16		
		80-100/ SF>StF	Moderate 0:00 0:10		
		70-90 SF	Anaerobic/Mod 20/10 X8		
5 ≈13:00	River Deep, Mountain High Erasure (7:01)   165 bpm  Let's Get It On Marvin Gaye (4:02)	80-100 SF	Easy 0:00 2:03	<b>Observation:</b> Avg/Max Watts  Stand & let the legs slow to come down to easy, sit & speed the legs up to touch moderate every 30 seconds.	<b>PERFORMANCE REVIEW</b> Check out your Avg Watts & use those during the moderate pushes. Be surprised at how much you can do and be comfortable at the end of the ride.
		80-90 CF	Mod/Easy ≈:30/:30 [till end]		
		NA OFF BIKE	STRETCH 0:00 4:02		

