

# ***Indoor Cycling Summit***

Tentative Schedule of presentations

The title, date or presenter is subject to change

The website and final schedule with full session descriptions should be available by March 22, 2014



*Ride to the Top*

## **The 2014 Indoor Cycling Summit is scheduled for April 3-16**

Sessions will be made available for anyone, anywhere in the world to view for free. They will be posted for 12 hours each day, from 8:00 am to 8:00 pm EST. On most days, there will be two sessions per day. One session will be in the “green room” and the other in the “blue room”. The only requirement to view the sessions is to provide name and email. Links to access the daily sessions will be sent to each subscriber via email.

For those who want to be able to view the sessions on their own time, as many times as desired, the ***All-Access Pass*** will allow 6 months of unlimited access to every session. It will also include ACE CECs, downloadable pdfs and 3 extra bonuses (the bonuses are listed at the end of this summary)

The regular price of the All-Access Pass is \$299. It will be priced at \$229 from the launch date until April 9<sup>th</sup>. All-Access Passes will be available for purchase until April 30<sup>th</sup>.

There is a management and marketing track that is available for purchase separately, targeted to group fitness directors, club managers and studio owners but the sessions are also excellent for instructors. This pass will be \$79 and includes 4 sessions. These sessions are a part of the ***All-Access Pass***.

Any sessions that are repeated from last year have been updated with new material.

# *Indoor Cycling Summit*



## **Thursday April 3**

### **Keynote Address**

Introduction to the Summit, how to view the content for free, information on the Full Access Pass

*Jennifer Sage*

## **Friday April 4**

### **Blue Room:**

#### **Sound Check**

This workshop will teach you how to approach designing each ride with confidence and enter the cycling room in command of every aspect of music. All that is left is pure fun.

*Tom Scotto*

### **Green Room:**

#### **Power Basics**

In this session you will learn the fundamental science behind training with power, why it has become so popular outdoors, how it can be used indoors and where heart rate and cadence come into play.

*Cameron Chinnatti, Stages Cycling*

## **Saturday, April 5**

### **Blue Room:**

#### **Exercise Physiology for Indoor Cycling Instructors Part 1**

New to exercise physiology? Used to know it but can't quite remember? This is where it all begins. This session will focus on key concepts for cycling instructors; it will be taught in everyday language with examples of how the information applies to your classes and your students.

*Jennifer Klau, Ph.D*

### **Green Room:**

#### **Powerful Connections: Social Media for Cycling Instructors**

*Fred Hoffman, M. Ed.*

## **Sunday, April 6**

### **Blue Room:**

#### **Exercise Physiology for Indoor Cycling Instructors Part 2**

*Jennifer Klau, Ph.D.*

**Green Room:**

**Proper Bike Fit**

Proper fit on a bicycle, indoors or out, will enhance comfort, reduce the chances of misalignment and potential injuries, and allow the cyclist to pedal more efficiently.

*Paul Swift, Owner Bike Fit*

**Monday, April 7**

**Blue Room:**

**Teaching With Video**

Everything an instructor needs to know to teach with video. Don't let technology intimidate you. It will be standing room only when you bring the power and excitement of video to your classes.

*Tom Scotto, ICA*

**Green Room:**

**Inspiring New Students in Your Cycling Classes**

You have one chance to hook them for good, make sure you take it.

*Dixie Douville, RN*

**Tuesday, April 8**

**Blue Room:**

**Power Games**

Clever ways to use power to keep students engaged

*Buddy Macuha, Keiser Cycling*

**Green Room:**

**Conquering the Small Class Challenge**

Not only will you begin to love the challenge of a small class, your participants will feel like they'd be missed if they didn't come back next time.

*Haley Perlus, Ph.D*

**Wednesday, April 9**

**Blue Room:**

**Where the Magic Happens**

Coaching and cueing skills to motivate your students to go beyond their comfort zones

*Jennifer Sage, ICA*

**Green Room:**

**TRX for Cycling**

TRX is the quintessential combination workout for indoor cycling, as it adds a full body and core workout. Dan will guide you through TRX exercises designed to target a cyclist's needs. Dan was recently sent to Spain to train the professional cyclists of Team Leopard Trek with TRX, so you'll be learning it from the best!

*Dan McDonogh*

## **Thursday April 10**

### **Blue Room:**

#### **Respect the Body. Respect the Bike**

Learn how to teach proper form, alignment, movement, and pedal stroke technique in a way that is educational and fun.

*Tom Scotto*

### **Green Room:**

#### **Straight Talk on Calories**

Busting the myths that abound in the fitness industry. This is everything you wanted to know about calories...

*Dr. Jennifer Klau*

## **Friday, April 11**

### **Blue Room:**

#### **Lactate Threshold, Lactate Clearance and the Potential for Overtraining**

*Nicholas Edwards, M. Ed.*

Asst. Director, Sports Performance Program

University of Colorado , Anschutz Health and Wellness Center

### **Green Room:**

#### **The Aging Athlete**

Identify the physiologic changes that take place with the aging process and learn the benefits of various types of exercise on the older client. Identify modification techniques, including routines that will provide cardiovascular, strength, balance, and flexibility components appropriate for the aging client.

*Dixie Douville*

## **Saturday, April 12**

### **Blue Room:**

#### **How to Be An A-List Instructor**

*Dr. Haley Perlus*

### **Green Room:**

#### **Mastering the Art and Science of Heart Rate Training Part 1**

Teaching your students about threshold training will take their fitness and performance to new heights while increasing your credibility as a coach.

*Jennifer Sage*

## **Sunday, April 13**

### **Blue Room**

#### **Interval Insurrections**

Learn how to be the master of interval training through the appropriate manipulation of duration, intensity cadence, resistance, recovery, and cueing techniques. Get the

maximum benefit and "enjoyment" from special interval protocols such as Lactate Tolerance, and the oh-so-popular, Tabata.

*Tom Scotto, ICA*

**Green Room:**

**Mastering the Art and Science of Heart Rate Training Part 2**

*Jennifer Sage, ICA*

**Monday, April 14 Instructors and Studio Management Track**

**Blue Room:**

**Teaching Cycling in Today's Challenging Environment of Misinformation**

(Formerly titled Why Should I Keep it Real?)

*Jennifer Sage, ICA*

**Green Room:**

**Studio Design Tips and Tricks**

*Jeff Nagel*

Owner, Nagel Design

**Tuesday, April 15 Instructors & Studio Management Track**

**Blue Room:**

**Marketing Your Program or Studio**

*TBA*

**Green Room:**

**Reducing Liability in Indoor Cycling Classes & Studios**

*Douglas Baumgarton*

**Wednesday, April 16 Instructors & Studio Management Track**

**Latest Technology for the Indoor Cycling Instructor and Studio**

Learn what's new and exciting in the industry for instructors, studios and programs.

*Gene Nacey, Cycling Fusion*

**Three additional bonuses ONLY for purchasers of the All-Access Pass:**

**Bonus #1**

**How to Turn Your Students Into Raving Fans**

Would you like to receive comments and testimonials from your students about how much you rock, how much you empower them? Then you'll want to know these tips for building community, connection, and commitment amongst your students, so they'll brag about you and come back again and again!

*Jennifer Sage, ICA*

## **Bonus #2**

### **Real Strength on the Bike**

Cycling is more than aerobic fitness. Learn strength that enhances our fitness, burns more calories, is the foundation of greater endurance, and the launchpad for sustainable and explosive power.

*Tom Scotto, ICA*

## **Bonus #3**

Live Q&A with Jennifer Sage, Tom Scotto and Dr. Jennifer Klau

Google Hangout to answer all your questions on any of the sessions, or frankly, anything about indoor cycling! You can email your questions in advance, or if you can't make it, and we'll answer them live. If you can't make it to the live session, we will send you a link to the recording.