



**Indoor Cycling Workshops  
Tyndall Airforce Base  
October 17–19, 2014**

**B1601, Mississippi Rd. Tyndall AFB,  
FL 32403  
Near Panama city, Florida**



For directions to the facility, please see  
page 6, or call 850-691-7213  
Questions about the weekend can be  
directed to Nobuko Johnson 850-691-7213

For more information or to register for the workshops please go to  
[www.indoorcyclingassociation.com/Tyndall](http://www.indoorcyclingassociation.com/Tyndall)

All sessions created and taught by Jennifer Sage, Master Instructor, Indoor  
Cycling Association. ACE CECs available for all workshops.

**Friday October 17<sup>th</sup>, 90-minute Master Class,**

- *Alpe d'Huez, One Man's Journey from Suffering to Triumph*  
18:00–19:30

**Saturday Workshops, October 18<sup>th</sup>**

- *Mastering the Art & Science of Heart Rate Training*  
9:00 am—13:00, (4 Hours, 90 minutes on the bike)
- *Why should I “Keep it Real”? The Training vs. Exercise Quandary*  
14:00–16:00 (1.5 hour lecture, 30 minutes on the bike)

**Sunday Workshops, October 19<sup>th</sup>**

- *Effective Intervals: Adaptations, Formats, and Cueing*  
9:00—11:30, (2.5 hours, 90-minute lecture, 60-minute ride)
- *Cause and Effect: How to Cue Cadence & Resistance to Optimize Results*  
12:30–14:30 (1.5-hour lecture, 1-hour ride)



## **Friday Master Class, October 17**

### **Alpe d'Huez, One Man's Journey from Suffering to Triumph**

**6:00–7:30 pm**

Possibly the most unique 90 minutes on an indoor bike you've ever experienced!

*One of the most famous climbs in the world, the enigmatic Alpe d'Huez in the French Alps has 21 switchbacks with an average 8% grade. It is often contested at the end of a long stage in the Tour de France. In this ride, Jennifer will get into your head, and you will become a rider of the Tour faced with this climb of mythic proportions. You, the rider, are not a team leader near the front of the pack, but rather a "domestique" who works hard for his teammates, and arrives at Alpe d'Huez almost in last place. Will you make it? Can you make it? You will have to go inside yourself to succeed when you have doubts, and experience the thrill of success when you are able to overcome your fears and believe in yourself. Be prepared, this is an emotion-packed ride!*

## **Saturday October 18**

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

**9:00–13:00 (Includes 90 minutes on the bike)**

Physiologists, coaches, and athletes realized long ago that lactate threshold was a more effective anchor for training zones than maximum heart rate. It's time to bring this knowledge to indoor cycling and move beyond the inaccurate maximum heart rate charts! The good news is that physiologists have found that field tests closely estimate threshold at low or no cost. Teaching students about threshold training will take their fitness and performance to new heights while increasing your credibility as a coach. In this information-packed session, you will learn:

- The myth of maximum heart rate
- The definitions of LT and AT and how to explain these benchmarks to students
- Why improving threshold will help *every* student meet his or her goals, from the competitive athlete to the average fitness participant with weight loss goals
- How to inspire your students to wear a heart rate monitor
- How to conduct threshold field tests to determine training zones (two test options)
  - a talk test for new, less fit, or elderly students
  - a 20-minute field test for more fit students
- What to do with the numbers once you get them



***Why should I “Keep it Real”? The Training vs. Exercise Quandary***  
**Saturday, 14:00–16:00 (Includes 30 minutes on the bike)**

“But I’m not a cyclist!”

“But my students aren’t training for anything—they want to *exercise* to get fit or lose weight”

“My students want variety and distraction—they don’t care about performance!”

These are common comments from instructors, directors, and even students who question why they should use techniques like heart rate training, periodization, or even correct cycling techniques in their classes. This informative discussion will highlight how these techniques are actually extremely effective and applicable to the fitness participant who simply wants to lose weight or who doesn’t ride outdoors. We’ll discuss how “keeping it real” can be exciting and fun, countering the misconception that it’s boring. You’ll also learn how many of the pervasive techniques that are so common, such as very high-cadence pedaling, isolations, squats, pushups, crunches and lifting weights while riding can actually hinder students from reaching their weight-loss goals, and/or may lead to injury. Finally, you’ll have the ammunition to prove what you know to be correct but have difficulty conveying to your students, peers or program directors. This class is essential for every instructor and club who wants to guarantee their students optimal success.

The highly popular eBook “Keep it Real” will be sent to all registrants of this session following the training weekend. This is a \$20 value, included at no additional cost.

**Sunday October 19**

***Effective Intervals: Adaptations, Formats, and Cueing***

**9:00—11:30 (2.5 hours, 90-minute lecture, 60-minute ride)**

For best results, instructors should understand threshold-based heart rate training. This workshop is most effective when taught in combination with Mastering the Art and Science of Heart Rate Training.

Intervals are popular and fun to teach, but are you using this training technique effectively to maximize students’ results? Not all intervals are created equal! We will discuss various types of intervals: aerobic, threshold, VO2 max, lactate tolerance, and explosive power intervals. Each has a different objective, results in different physiological adaptations, and is done at different intensities and durations. Through terrain, resistance, and cadence you’ll learn how to change the focus from cardiovascular, to neuromuscular, to muscular endurance, to force development. You’ll learn to cue intervals based on perceived exertion and length of the interval. We finish with a challenging ride called the Triple Threat to experience three of the most important types of HIT intervals.

Leave this session with new ways to help you create exciting interval profiles that are more effective than ever!



***Cause and Effect: How to Cue Cadence & Resistance to Optimize Results***  
**12:30–14:30 (1-hour lecture, 1-hour ride)**

Have you ever said to your class, “Add one full turn” to cue resistance? You’re not alone, but it’s an ineffective way to cue adding load. In this session you will discover the magical equation of  $C \times R = I$ . Understanding the relationship between cadence and resistance is the key to effectively cueing students to add appropriate resistance to reach the desired intensity. The ride is an eye-opener and instructors will leave this session with new ideas for motivating students to choose their resistance wisely. Content includes:

- The physiology of cadence: What is the difference at 60 rpm and at 90 rpm?
- When is high cadence too high and low cadence too low?
- Understand the relationship between cadence and resistance and their effect on intensity and power with the equation  $C \times R = I$
- Explore how to use heart rate and perceived exertion to guide students to increase resistance
- Learn creative ways to cue resistance increases on flats and hills
- How to base your ride on the bpm of songs to help guide cadence choices



## About your presenter

### **Jennifer Sage Master Instructor and Founder, Indoor Cycling Association**

Jennifer Sage is a passionate cyclist, indoor cycling instructor and personal trainer in Colorado with 30 years in the fitness industry. She has a degree in Exercise Science and is a Certified Personal Trainer, and Certified Strength and Conditioning Specialist. As part of the Master Instructor team for Spinning® for 12 years, she presented at international fitness conferences and traveled North America certifying instructors and teaching continuing education. She authored several continuing education courses and articles for Mad Dogg Athletics and Spinning® including *Contraindications in Spinning* and *Cadence, Heart Rate and Class Design*. In 2011, she created the Indoor Cycling Association, an online educational resource for indoor cycling instructors with the goal to reach out to a wider audience of instructors seeking to improve their knowledge and technical and coaching skills. The mission of ICA is to *Educate and Inspire!*



Jennifer has authored two e-books. *Keep It Real In Your Indoor Cycling Classes* has become the “go-to guide” for instructors wanting to teach a safe and effective class. The second is *Top Ten Ways to Stay Motivated as an Indoor Cycling Instructor*. Both are available on ICA.

Jennifer is the creator of the Keep it Real movement in indoor cycling, first creating a session with that title at the WSSC Spinning conference in 2006. Since then, it’s become a powerful force in the industry, inspiring instructors to adhere to proper training principles and to reject many popular but ineffective and unsafe trends that incorporate superfluous movements while pedaling.

For more information on Jennifer Sage and the Indoor Cycling Association, please go to [www.indoorcyclingassociation.com](http://www.indoorcyclingassociation.com) and click on About Us.



## ICA Tyndall Training Weekend Price List

### Prices for individual sessions

- Master Class: Alpe d'Huez, \$25  
If you register for the full conference, the Master Class is only \$5
- 4-hour sessions \$109
  - Mastering the Art and Science of Heart Rate Training
- 2 or 2.5-hour sessions \$69
  - Cause and Effect, Effective Intervals, Why Should I Keep it Real

### The full conference is \$229

By far the best deal is to register for the entire weekend, a savings of \$87.

To register, go to [www.indoorcyclingassociation.com/tyndall](http://www.indoorcyclingassociation.com/tyndall)

Indoor Cycling Association members receive 10% off individual sessions and the full weekend price.

For information on joining ICA, go to [www.indoorcyclingassociation.com](http://www.indoorcyclingassociation.com) and click on *Join Today*.



## How to get to the Tyndall Airforce Base

**\*\*Because we will be on a military base, there are some special considerations. This is very important information relayed from the host site.**

If you do not have a military ID card, you must be 'sponsored' to be on the base (meaning you must have an escort). The host of this training, Nobuko Johnson, will be your sponsor, but you must get in touch with her prior to the training weekend. Her contact information is below:

Telephone: 850-691-7213

Email [nobuko.johnson.2@us.af.mil](mailto:nobuko.johnson.2@us.af.mil)

Plan to be at the base visitor's center 30 minutes prior to the session you've registered for with your driver's license. Once you arrive at the visitor's center, you'll be asked to leave your car there. There will be a shuttle available to transport everyone to the fitness center.

### **Direction to the visitor's center:**

The visitor's center is located on highway 98. If you are driving from Panama City to Tyndall AFB, take the 98 EAST. Cross the bridge called "Dupont" and turn left at the first traffic light after the bridge.

If you are traveling from Mexico Beach, drive on 98 WEST. You'll be driving along side the base; pass through the first traffic light and take a right at the second one.

The fitness center's physical address is B1601 Mississippi Rd. Tyndall AFB FL 32403. Telephone 850-283-2631.



## **Hotels close to the Tyndall AFB (7–10 minute drive to the base)**

### **Holiday Inn Express & Suites Panama City-Tyndall**

5627 East Highway 22 Panama City, FL 32404

(850) 215-3200

[www.ihg.com/holidayinnexpress/hotels/us/en/panama-city/pfnst/hoteldetail](http://www.ihg.com/holidayinnexpress/hotels/us/en/panama-city/pfnst/hoteldetail)

### **Days Inn Panama City Callaway**

435 N Tyndall Pkwy, Panama City, FL

(850) 769-7400

[www.daysinn.com/hotels/florida/panama-city/days-inn-panama-city-callaway/hotel-overview?cid=local](http://www.daysinn.com/hotels/florida/panama-city/days-inn-panama-city-callaway/hotel-overview?cid=local)

### **Comfort Suites**

264 N Tyndall Pkwy, Panama City, FL

(850) 215-5551

[www.comfortsuites.com/hotel-panama\\_city-florida-FL987?source=gglocalai1](http://www.comfortsuites.com/hotel-panama_city-florida-FL987?source=gglocalai1)

### **Value Place-Callaway**

902 N Tyndall Pkwy, Callaway, FL

(850) 747-8601

[www.valueplace.com/extended-stay-hotels/locations/florida/Panama-City-FL-Callaway](http://www.valueplace.com/extended-stay-hotels/locations/florida/Panama-City-FL-Callaway)