20 CUES
for Authentic Coaching of Tour de France Stages

ICA INDOOR CYCLING ASSOCIATION

For Indoor Cycling & Spinning® Instructors
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About The Indoor Cycling Association

ICA is a community of indoor cycling instructors from around the world who are passionate about their craft. Instructors come to us to learn how to:

✓ Deliver Jaw Dropping Cues
✓ Empower Riders
✓ Fill Their Saddles
✓ Keep it Fun AND Real
✓ Have Riders Bragging About Their Success
✓ Learn how to teach KILLER Tour de France stages indoors

We help them by teaching them everything they need to know to deliver safe, effective and FUN classes, through articles, videos, webinars, amazing song suggestions and more. It doesn’t matter the certification, we are the next step after your initial orientation and work with all programs and bikes!

If you like what you see here, please join us at the Indoor Cycling Association, and never wonder again what you will teach in your next cycling class!
Here are twenty different scenarios you can describe in your indoor Tour de France stages, followed by a suggested cue to help set the scene and highlight the emotion of the situation. Some of these cues are inspired by quotes by Paul Sherwen and Phil Liggett, announcers of Tour de France stages for decades, and collectively known as the “Voice of Cycling”. Others are inspirational cues that work very well for any hard race scenario.

In the Tour de France profiles available at ICA, we teach you how to take cues and scenarios like the following, and sprinkle them throughout your ride, giving your Tour de France classes an exciting and authentic feel, as if you are the race announcer. You can also find many more inspirational cues like this, including many devoted to teaching Tour de France stages, in our cueing app Cuez.

www.indoorcyclingassociation.com/cuez

**Scenario:** It’s the final climb to the finish. One rider, who has been suffering for a while, has rediscovered his energy.

**Cue:** I don't know where he's got those legs from unless he just purchased them on the way up this climb!

**Scenario:** The emotion is coming to a head as your riders tackle the final climb in the Alpes. They would rather quit...but thanks to you, they are determined to stay committed.

**Cue:** If you want to win the Tour de France, you've got to ride with courage; you've got to ride with determination.

**Scenario:** You’ve told your riders that cycling can be painful, you’ve given them the option of riding in the peloton if they don't want to work as hard as the riders off the front. Let them know what they are in for as they head for the big mountains.

**Cue:** In cycling, the 'Pain Bank' has to be full before you can start drawing interest. And in the mountains, you better be ready to start making withdrawals.
**Scenario:** Yes, you know this effort can make you suffer, but still, you want your riders to be in control, and to save some for the end.

**Cue:** He has to keep the pain at a bearable level in both his legs and in his mind.

**Scenario:** You’ve described a rider who has broken away for the first half of the race. Your class can either be that solo breakaway rider, or the peloton hunting him down. This is what the peloton is aiming for:

**Cue:** Everyone is chasing a man who has sprouted wings and is flying away with the race.

**Scenario:** The peloton has been hunting down a group of 4 riders for the previous 20 minutes. Create a melodramatic scene as they get closer and closer and then pass one of the riders in the group, who has succumbed to being reeled in. There are still the two riders out in front, a couple of miles ahead, so they ignore him as they pass.

**Cue:** They won't even look at him as they go by—they've got much bigger fish to fry.

**Scenario:** The riders are in the starting lineup, prepared for the long stage ahead.

**Cue:** Ladies and gentlemen….start your engines! Your engines should be finely tuned for this race, thanks to your focused training over the past year.

**Scenario:** Warming up, you’ve described the stage profile. How will your riders react? How will they perform?

**Cue:** Whether you think you can or you think you can't, you're right. Which one will you focus on today? Is your glass half empty or half full today?

**Scenario:** A time trial, the race of truth.

**Cue:** Your teammates cannot help you today. This is 100% you. No drafting, no attacks, no counterattacks, no team strategy, no domestiques. Nothing except you, yourself and your bike. That's why they call it the Race of Truth.
**Scenario:** How tough are your riders? You’ve led them to the crux of your profile.

**Cue:** You’ve all heard the expression, *when the going gets tough, the tough get going*, right? Tour de France riders are known for their toughness… this next climb will show me how tough you are!

**Scenario:** The sprint finish

**Cue:** If you've been saving anything for the finish, well, it's time to spend it now! Give it everything you've got!

**Scenario:** Almost any hard effort coming to a climax, whether an attack, a sprint, a mountain top finish, a time trial, etc. Help your riders understand how important this effort is.

**Cue:** This will be your defining moment.

**Scenario:** Riders taking a long pull in a leadout situation on a climb, pulling their team leader up the mountain.

**Cue:** These riders just shut off their brains and ride on instinct. They have a job to do, and nothing will stop them.

**Scenario:** A rider has bridged the gap between two chase groups.

**Cue:** This man appears as if he has taken off the invisible cloak like Harry Potter!

**Scenario:** Inspiring your riders at the beginning of the class.

**Cue:** Whatever you brought with you today, whatever frustration, worries, anxieties of your day, you are going to leave them all behind. They will evaporate like the sweat from your brow!
Scenario: two riders battling it out on a climb (you can name them, or keep them anonymous), attacking each other, before returning to a milder (but still strong) climbing pace.

Cue: Contador can’t shake Froome off his wheel. Froome is doggedly sticking like glue, mirroring his every movement. Contador tries another attack, but it only serves to tire him out even more. So they both just settle back into a calmer pace, knowing there are still 5 more miles of painful climbing ahead.

Scenario: Describing the level of effort and challenge awaiting this ride.

Cue: Everyone will be riding into his own personal purgatory

Scenario: A rider has been dropped off the back.

Cue: The peloton makes natural selections. We can feel sorry for him, but we can’t grieve for every rider. It happens to everyone at some point.

Scenario: A successful breakaway

Cue: He looks back to see who's chasing. The answer is...no one! He can breathe a sigh of relief. The grimace has turned into a smile!

Scenario: After a series of attacks that thins out a large breakaway

Cue: That was a serious move to shed the wheat from the chaff!

Scenario: You’ve described a hard, solo break by one rider. How does he feel?

Cue: He’s plowing a long and lonely furrow on this solo break...
How can the Indoor Cycling Association help you as an instructor?

The Indoor Cycling Association is the global leader in online education for indoor cycling instructors. It doesn’t matter your certification or the bike you ride—the articles, videos, webinars, and audios at ICA will help you become a more entertaining and engaging instructor. You will increase your knowledge of cycling technique, biomechanics, and physiology, and learn how to create fun and meaningful profiles using fabulous music. And, you will learn how to coach using successful mental training techniques used by some of the top coaches in the world, such as intrinsic motivation and visualization. As a result, you will inspire your riders like never before and they will flock to your classes!

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Articles on hundreds of topics are available in our archives, with new ones delivered to your inbox weekly. With all this education at your fingertips, you can save hundreds, even thousands of dollars on workshops or conferences on a limited number of topics.


Our members have told us that as a result of their membership at ICA, they have greatly enhanced confidence, more students who love them, fuller classes, happier management, and are finally able to comprehend confusing topics that eluded them in the past.

Why don’t you join thousands of other instructors around the globe and see how an ICA membership can help launch your coaching to the next level?

https://www.indoorcyclingassociation.com/ica-membership

Cuez coaching app is here!

ICA has launched an innovative cueing and coaching app with 1,000 empowering cues to help you inspire your riders, including Tour de France cues. With a subscription to the most comprehensive cue, quote, analogy, and educational mobile app for indoor cycling instructors, your teaching ability, classes, and riders will never be the same! Available in the Apple App Store under Cuez, or for more information:

www.indoorcyclingassociation.com/cuez