

The Road Cycling Summit 2016
Making you a better cyclist
By The Cycling 360 Podcast

Using Indoor Cycling Classes for
Better Outdoor Riding

Jennifer Sage

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INDOOR CYCLING ASSOCIATION 

Agenda

- Introduction
- History of Spinning®
- A Funny Thing Happened...
- Benefits of Cycling Classes for Cyclists




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Agenda

- Indoor Training Techniques that Work!
 - ◆ Bike Fit
 - ◆ Heart Rate, Power, RPE
 - ◆ Various Training Techniques
- Technology



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Agenda

- 13 Moves to NEVER Do
- Keep it Real!
- How to Find a Good Studio



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Hi! I'm Jennifer!

- Spinning® Master Instructor
- Founder ICA
- Fitness presenter
- Personal trainer
- "Keep it Real"
- Cyclist & bicycle tours
- Science geek



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Spinning®

- Spinning is a brand!
- Launched by Johnny Goldberg 1994
- Mad Dogg Athletics
- Roots in cycling




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A funny thing happened...

- Bye bye science, hello entertainment
- "Boredom"
- Choreography
- Multiple workouts at once
- Divided industry




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Benefits of Indoor Classes

- Super safe***
- Super effective training***

***when you "keep it real"



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Benefits of Indoor Classes

- No more boredom!
- No more suffering solo in your pain cave!



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Benefits of Indoor Classes

- Do you commute?
- Do you work 8-5?
- Family obligations?



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Benefits of Indoor Classes

- Two words:
Bad Weather!
- Shorter daylight hours



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Benefits of Indoor Classes

- Camaraderie
- Friendships
- Meet riding buddies
- Accountability
- Inspirational coaching



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Benefits of Indoor Classes

- Convenient
- Focused
- No coasting!
- No getting dropped!




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Bike Fit

- The SAME as outdoors
- 25-35 degree bend in the knee
- KOPS (get a plumb bob)

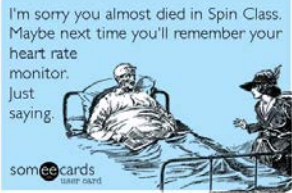


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How to Assess Intensity?

I'm sorry you almost died in Spin Class. Maybe next time you'll remember your heart rate monitor. Just saying.




somecards

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Heart Rate

- 220 – Age is WRONG!
- HR not as accurate
 - ◆ hot room, dehydration
- Higher HR with faster cadence



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Power Training

- BEST way to train!
- Soon will be everywhere
- Warning! Many instructors don't have proper power training




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Power Bikes

- Estimated Power
 - ◆ Keiser, Schwinn
- Measured Power
 - ◆ Stages, Spinner Ion, Matrix IC7, CycleOps, WattBike



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RPE

- Subjective assessment
- Can be very accurate
- Best used with HR and/or power

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10	EXTREMELY HARD	Crushing for 30 seconds or less
9	VERY VERY HARD	Exhausting, very labored breathing (7-8 minutes)
8	VERY HARD	Exhausting, labored breathing (5-7 minutes)
7	HARD	Deep, forced breathing throughout
6	MODERATELY HARD	Deep breathing, talking is challenging
5	MODERATE	Steady breathing
4	MODERATELY EASY	Talking is uncomfortable
3	EASY	Light breathing, breathing can continue for hours
2	VERY EASY	Can talk in complete sentences
1	VERY VERY EASY	Hardly breathing, can sing

Rate of Perceived Exertion (RPE)
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Hand Position

- Anywhere that's comfortable
- Just not in the middle
- And not on the bar ends while seated*

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Cadence


- 60 to 80 rpm while "climbing"
- 80 to 100 rpm on a "flat"
- Up to 110 rpm in drills
- Down to 55 rpm in drills

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Seated

- 75 to 95% spent here
- Relaxed upper body
- Belly relaxed
- Back flat, not rounded




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Standing

- Hips over bottom bracket
- Saddle touching the back of legs
- "Cheek to cheek"

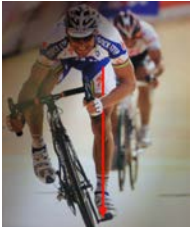


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Sprinting

- Most misused technique indoors
- MUST have high resistance
- Explode
- 10-20 seconds max




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Pedal Stroke Drills

- Indoors is an exceptional place to train the pedal stroke
- Flywheel can assist




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One Leg Dominance Drills

- Indoors, never, ever take one foot out!
- Instead, focus on one leg in your mind's eye




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Mental Training

- Visualization
- Affirmations
- Mantras
- Overcome doubt & fear
- FLOW




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HIT Training

- At lactate threshold or above
- 20–30% of training time
- Don't overdo it!
- RECOVERY!!




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Muscular Endurance

- “Climbing” at a higher cadence (70–85 rpm)
- 5 to 10-minute climbs




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Threshold Training

- Most “bang for the buck”
- Field Testing
- RPE = Hard
- Extended intervals



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Balance Your Outdoor & Indoor Training


- If outdoor riding is usually hard, then ride easier indoors
- If outdoor riding is endurance, then do HIT indoors




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Technology!



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Virtual Rides



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The Sufferfest

- Diabolically good
- Studio MUST be an official "embassy" and have the license




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13 "moves" to AVOID in "Spinning"




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What to AVOID in "Spinning"

1. Lifting weights




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What to AVOID in "Spinning"


2. Pushups




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What to AVOID in "Spinning"

3. Crunches



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What to AVOID in “Spinning”

4. Super high cadences with low to no resistance



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What to AVOID in “Spinning”

4. Super high cadences with low to no resistance




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What to AVOID in “Spinning”

5. Super high resistance with cadence below 55 to 60 rpm




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What to AVOID in "Spinning"


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What to AVOID in "Spinning"

6. Hovers

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What to AVOID in "Spinning"

7. Tap backs

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What to AVOID in “Spinning”

8. Fast jumps
(AKA “popcorn jumps”)



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What to AVOID in “Spinning”

9. Pedaling backwards




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What to AVOID in “Spinning”

10. No saddle, or lowered saddle




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What to AVOID in "Spinning"

11. Lowering the hips (squats) or isolations or freezes



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What to AVOID in "Spinning"

12. Heated studio or no fans




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What to AVOID in "Spinning"

13. Riding Aero?*



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What to AVOID in “Spinning”

They are inventing new stuff all the time!

Just use common sense. If it hurts, or you would laugh at doing it outside....

Just Don't Do It!




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What's the Alternative to Gimmicks?




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How Do You Keep it Real AND Fun?

- Stay committed to cycling science
- Understand exercise science
- Have GREAT music
- Learn motivational coaching skills
- EnterTRAINment



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How to Find a Good Instructor or Studio

- Require updated certification?
- Keep it real?
- No contraindications?
- Cater to cyclists?
- Get passes and try!




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Indoors Transfer to Outdoors

- Training for general cycling
- Training for an event
- Training to lose weight
- Training for life!



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Thank you!

www.icafit.com/indoor2outdoor

www.keepitrealebook.com

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