

INTERMEDIATE INDOOR GROUP CYCLE SPECIALTY CERTIFICATION

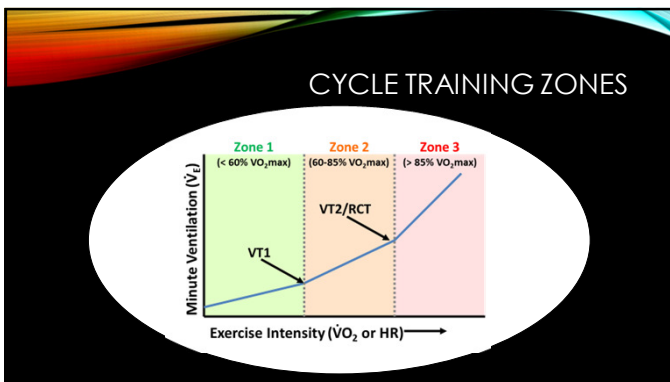
WHY RIDE?

Metabolic training

Performance

...indoor cycling may improve aerobic capacity, blood pressure, lipid profile, and body composition...

...nine weeks of high-intensity exercise induced modifications in gut microbiota composition...



- ## DESIGNING AN EFFECTIVE RIDE
- Training program vs. "kick your butt" class every time
 - More appealing to new/inexperienced participants
 - Decreased risk of injury/increased performance
 - Each ride should have a purpose and defined class goals
 - Direction (complementary elements vs. physical destruction)
 - Guidelines (intensity levels, riding and hand positions, posture, etc)
 - Strengthen your creative muscle
 - Benefits your participants, your business, and you as the instructor
 - Use divergent thinking

- ## STRENGTH RIDE
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| <p>Benefits</p> <ul style="list-style-type: none"> • Promotes muscular development • Builds cardiovascular strength to handle a slightly uncomfortable pace • Develops the ability to buffer lactate • Develops mental strength | <p>Considerations</p> <ul style="list-style-type: none"> • Can be done seated or standing • HR stays between 75-85% of max • Use of breath should be focus of recovery • Remind participants to hold proper form and pedal strokes, generating power through |
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- ## RACE DAY
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| <p>Benefits</p> <ul style="list-style-type: none"> • Increases adherence for attendance • Provides a goal (personal and shared) • Creates community among participants | <p>Considerations</p> <ul style="list-style-type: none"> • Requires substantial fitness base/training • HR is 80-90% of max the entirety of the ride (minus warm-up, cool down) • Goal is to remain consistent with anaerobic threshold |
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