



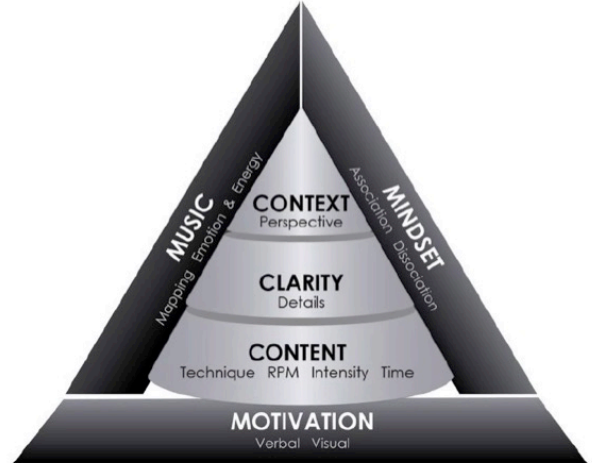
Schwinn® Cycling: Prime Design

Presented by Helen Vanderburg, Senior Master Trainer

Stop the madness! Prime Design will teach you how to create thoughtful, physiologically sound classes that provide RESULTS! Learn how to save time and simplify how you build your classes while setting riders up for success. Unlock the secret of the Schwinn Coach’s Pyramid and get ready to shine!

PrimeDesign

- K.I.S.S. Principle / Build a stage of work and repeat it.
- Content=Success / It is the Secret Sauce
- Technique, RPM, Intensity, Time / This is the most valuable information you can provide *consistently*



Warm Ups / Recoveries / Cool Downs

Every class must have them. How do we keep them interesting?

1. -----
2. -----
3. -----

Steady State

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Intervals

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Plan you work, work you plan!

Ways to keep your plan fresh for weeks

1. -----
2. -----
3. -----