

## SESSION # 3407

# KEISER GROUP INDOOR CYCLING RACE

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**Overview:** Race is a session for the instructor who wants to know where they are at (looking at their metrics) and where they are going (effective goal setting)! This workshop is ideal for the indoor cycling enthusiast who wants to work to achieve more than they thought possible.

### Benefits of Training with Technology

- **Technology is Trending-** tech is everywhere
- **Maintains Focus-** able to see real-time metrics
- **Adds Motivation-** riders see immediate changes in effort
- **Measurement-** actual, real-time measurement of various data
- **Baseline-** seeing baseline on drill(s) gives a 'place to start' when goal-setting
- **Enhance Education-** riders begin to understand metrics/data by seeing display
- **Supplements Coaching-** real-time data helps YOU coach more efficiently

### Benefits of Goal Setting

- **Engagement** – riders are focused with immediate feedback
- **Empowerment** - riders realize potential – seeing is believing
- **Competition** – creates friendly competition
- **Motivation** – inspires riders to cycle harder and/or set goals
- **Improvement** – provides instantaneous feedback
- **Retention** – keeps riders intrigued
- **Results** – feedback shows improvement and areas needing improvement

### Typical Metrics

**Cadence** – Leg turn-over speed, RPM (revolutions per minute)

- holding RPM, surging RPM, surging power with same RPM, smoothing it out (technique)

**Gear** – Higher gear loads associated more often with climbs, lower with flats

- holding gear and varying RPM, holding given RPM and maxing power for intervals, finding max climb and max flats power by playing with gear/RPM ranges

**Distance** – over time (entire ride or shorter intervals)

- repeating distance during a certain time frame (Time Trials)

**Power - Force (Gears) x Velocity (RPM) = Power (Watts)**

- Relating power loads to RPE, HR, FTP, Power Zones

For reference, the average fitness participant will produce approximately 75-100 watts of power. A rider who participates more regularly will cycle in the range of 100 – 200 watts. Pro and elite cyclists will comfortably ride at 450 watts and above.

**Heart Rate** – Training in different % of MHR

- What power can you hold at different heart rates?

### Understanding Power Variables

To assist participants in better understanding how velocity and gears effect power, incorporate drills #1 or #2 for quick reference.

**Drill #1:** At a self-selected RPM and Gear, have participants note their power output. Next have them:

- Lower the gear and increase the RPM. Note the wattage.
- Increase the gear and lower the RPM. Note the wattage.
- Pedal at a moderate RPM and a moderate Gear. Note the wattage.

**Drill #2:** At a specific RPM and Gear, have participants gradually increase force (gears) and velocity (RPM) and note their power output.

- Start at self-selected gear and a cadence range between 70-80 RPM.
- Increase gears by 2-3, for 3 sets, noting watts at each increment.
- Increase RPM by 10, for 3 sets, noting watts at each increment.

## Power Without Testing

### Rating of Perceived Exertion

- In this method, RPE helps estimate various power zones
- Within the various power zones, use the power descriptors in combination with RPE descriptors from easy to maximal.

Zone	Description	RPE	How it Should Feel at Power Zones
1	Active Recovery	<2	Easy
2	Endurance	3-4	Easy to Moderate
3	Tempo	5-6	Moderate to Somewhat Hard
4	Lactate Threshold	7-8	Somewhat Hard to Hard
5a	VO2 Max	8-9	Hard to Very Hard
5b	Anaerobic Capacity	10	Severely Fatiguing - no longer fun
5c	Neuromuscular	Max	

- Ask participants to note their watt ranges and RPE at varying drill intensities and durations.

## Power Measurements

- Maximum Explosive Power – 5-15 sec neuromuscular power
- 1 minute - Anaerobic Capacity
- Maximum Climbing Power
- 5 minutes - Maximal Oxygen Capacity
- Functional Threshold - Maximum Sustained Power (3, 5, 10, 20 minute power tests with a correction factor help define watt ranges for the individual per each power zone)

## Goal Setting

**Establish a baseline-** At start of ride have riders pay attention to watts and RPE; begin to coach current and future efforts.

**Define class goal(s)-** Establish the RPE/Zones/Intensity you are targeting for class; educate what to expect and give a few points for focus.

**Incorporate Individual Motivators-** Ask your group to reflect on WHY they are here, WHAT they want from their ride.

**Establish 2-4 drills-** Find 2-4 key drills that focus in on your overall goal(s) and use these for the majority of the ride.

**Incorporate recovery-** Understand appropriate recovery for the workload given and incorporate into ride plan.

**Summarize goals/performance-** Remind students of class goal occasionally and educate how the drill helps achieve the goal.

**Self-reflection-** Ask students to reflect on how they did; encourage them to find the positive and potentially set their next individual goal.

## Let's Ride!