

## SESSION #4107

### KEISER GROUP INDOOR CYCLING CLIMB: REACHING THE SUMMIT

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**Overview:** Climbing drills simulate the acceleration demands of gradual or intense climbs, exhilarating down hills or cruise along descents. Take your cycling classes to new heights as you challenge your riders to climb harder, longer or further. Build power, strength and climbing speed and top off the workout with motivating cues, and you will have your participants reaching new heights of cycling success.

#### Anatomy of a Climb-Based Class

- Warm-up includes small bursts of higher gear and lower cadences – preparing to climb
- Drills include variety of climbing challenges, utilizing variables such as:
  - Distance (time/length of drill)
  - Grade (steepness/gear load)
  - Cadence
  - Steady state and intervals
  - Varying intensities
- Non-climb drills are recoveries or descent challenges, allowing for a change in cadence ranges
- More opportunities to get 'out of saddle' due to authenticity of climbing and higher gears
- More time with lower RPMs and higher gears, often feeling like more 'strength' challenges (vs cardio)
- Could show lower distances and kcals on final data (depending on bike/computer version)

#### Outdoor vs Indoor Riding

- Outdoor riders spend 80-99% of the time seated
- Seated position will allow your body to be more efficient with less energy wasted
- Hills indoor = higher gear; outdoor = lower gear
- Indoor standing is often used for posture or 'seat' break; outdoors standing is used for specific performance goals

#### Why Stand?

- Hill gets steeper, using bodyweight out of saddle to conquer higher gears
- On attacks, adding gear and using bodyweight for initial 'stomp' on gears
- Provides breaks from sitting (used more indoors)

#### What to look for in the Seated Climb Position

- Hands relaxed, in an overhand, hook or extended position
- Torso slightly forward via hip hinge – getting aerodynamic
- Hips slightly back on the saddle for more efficient glute recruitment
- Upper body is quiet, but not completely still
- Elbows slightly bent, shoulder blades down, collarbones broad
- Cadence 60-90 RPM

#### What to look for in the Standing Climb Position

- Hands relaxed in an extended position
- Elbows slightly bent, shoulder blades down, collarbones broad
- Torso slightly forward via hip hinge to better engage glutes
- Hips over the pedals/center saddle for power
- Connection with the saddle (bum and inner thighs)
- Top of shoes visible at 8:00 position in pedal

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- Upper body moves slightly to gain leverage
  - Initially when coming up, cadence should increase; while up should be able to maintain cadence
  - Cadence 60-90 RPM
    - 60-75 RPM slower climbs and 75-90 RPM faster climbs

### Instructing a Standing Climb

1. In a seated position, add resistance until it starts to feel challenging to pedal
2. Ensure hips are at back of saddle
3. Transition into the standing position – “float up”
4. Adjust the resistance if necessary in order to maintain a steady cadence and keep form
5. Avoid quick transitions with high reps that result in forward/backward body movement

### Hill Descents

- Typically used as easier drills or recovery from climbs
- At higher cadences, stay in control
- Challenge the perception of a descent (cruising versus riding)

### Drills

- Include a variety of drills using a selection of different hill profiles

**Progressive Climb:** Start with easy climbing watts, then progress gears every 30-60 seconds while noting the increasing power. The goal is to complete an entire 5-10 minute climb.

**Alternator:** Alternate between standing and climbing position to challenge riders to add gear to come out of the saddle then return gear to baseline when sitting back down. Start with “add 2-3 gears”, progress to add “3-4, then 4-5, etc.”

**Repeatable Rolling Hills:** Establish a hard to very hard climb followed by a short downhill recovery. Repeat 5-6 times at similar watts. Utilize the short downhill to recover and prepare for the next intense climb.

**Strength Climb:** Establish a baseline at 80rpm and moderate intensity.  
For 15 seconds, add gear that forces participant to slow down to 70rpm.  
For 15 seconds, add gear again that forces participant to slow down to 60rpm.  
Repeat intervals for 30/30 seconds, 45/45 seconds, etc. for length of hill.

**Steep Edgy Surge:** Climb out of the saddle for entire 5-7 minute climb at the ‘Edge’ of just feeling ‘Hard’. Baseline should be cadence of 65-70 with higher gear to simulate a steep hill. For each surge, keep the gear but add rpm’s in small increments (2-5rpm) for 3-5x consecutively before returning to baseline. Each surge can be a standardized time (i.e. 30 seconds each) or varying times.

**Daring Downhill:** Use a ‘downhill’ or ‘descent’ for a challenging segment. Encourage highest power output at cadence of 90-100 rpm (highest gear possible) to obtain breathless. Relate high power to high speed outside.

**Head Above Water:** Establish a challenging baseline at 60 rpm. Participants should have to keep focus to keep rpms at 60 or slightly higher. Use a chorus or timed interval to come out of saddle to increase cadence (at same gear). Sit back down and either a) allow a return to baseline cadence or b) encourage participants to keep the higher cadence output as long as possible.