



SESSION # 5108

KEISER GROUP INDOOR CYCLING

TECHNOLOGY: TAKING ON THE TECH CHALLENGE

Presented by: Linda Webster

- **Current Technology**
 - On the bike
 - Screens
 - Apps
- **Data Presented**
 - RPM
 - Power
 - KJs
 - Heart Rate
 - Distance
 - Intervals
 - Averages
 - Placement within group
 - Other
- **Tech Utilization**
 - In-class challenges
 - Short-term training goals
 - Games/team play
 - Education of HR/power/RPE
 - Class synergy
 - Macro-goal for class
 - Individual progress
- **Too Much Tech - and other thoughts?**
 - Staying connected vs. disconnecting
 - Competitive vs. individual
 - Experienced riders vs. newbies
 - More coaching/cueing required?
 - Balancing technology - on vs. off
 - Staying current on technology
 - Having a Plan B
 - Casual vs. formal usage

Let's Ride!

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