



Schwinn® Cycling: Set the Stage – Planning a Perfect Ride Every Time!

K.I.S.S. the class design blues away! Learn how to create thoughtful, physiologically sound classes that provide RESULTS! We simplify the process to save you time while setting riders up for success. Unlock the secret of the Schwinn Coach's Pyramid and set the stage for powerful performances! Whether you're a seasoned pro or rookie of the year, this workshop will change your mindset on class design.

Step 1: Have a Plan!

Identify the purpose for your workout. Determine the "Big Picture" for this class design. This includes your total time and a description of the type of class you will teach. View through the lens of Intensity.

Works every time...

WARM UP
STEADY STATE
INTERVAL & RECOVERY
STEADY STATE
INTERVAL & RECOVERY
STEADY STATE
INTERVAL & RECOVERY
COOL DOWN

What is the **purpose** of your class?
Use **Intensity** NOT Complexity to fulfill it.



The Core: Simplify

Step 2: Work the Core.

- Defines the Work
- Answer the How Questions

1. _____
2. _____
3. _____
4. _____



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Intensity	Describe How This Feels
Easy	
Moderate	
Hard	
Anaerobic	



The Frame: *Amplify*

Step 3: Frame it Up!

Now that you have your content, the “Frame” is what brings your class to life. Find your tunes to support your class purpose and content. Build your verbal cues to bring clarity and inspiration to your class layout. Work in the secret sauce.... YOU!