



Schwinn® Indoor Cycling: F.E.A.R. Face everything and RIDE

Bring a never-quit conviction and discover your true grit in this workshop where Schwinn takes it to the MAX. Numbers don't lie and Power is a real indicator of intensity. Learn what POWER is, find your true max, and learn coaching techniques to use power to motivate in a variety of different ways. When you marry truth and intensity you unlock your riders' greatest potential with an FTP ride.

What is Power?

- Power is is much work you are doing and how fast you are doing it ($P=W/t$)
- In indoor cycling it is: Resistance x revolutions per minute (RPMs)
- Cadence matters! Cycling studies demonstrate that pedaling in a very high gear (equivalent to heavy resistance) with a very low cadence is not only a poor way to produce power; it is also quite inefficient and ineffective at improving fitness levels.

What is FTP?

- Functional Threshold Power (FTP) is synonymous with Anaerobic Threshold (AT), Lactate Threshold (LT), maximal Lactate Steady State (MLSS), Onset of Blood Lactate (OBLA) or simply threshold.
- FTP is a powerful predictor of a person's endurance performance ability: an individual's metabolic fitness (LT) determines the percentage of the V_{O2} Max utilized in a given time.
- Testing FTP determines what power output can be sustained for a 60-minute Time Trial (TT).
- Since a 60-minute TT is physically and mentally taxing, a 20-minute test is preferable.
- Outdoor testing creates inconsistencies: Indoor assessments allow for more accuracy
- When performing a 20-minute FTP test, subtract 5%

W/kg?

- Body mass, muscle mass and fitness level greatly influence an individual's ability to produce power.
- A larger, more muscular male will produce higher wattage than a petite female, but this is a 'raw' number and doesn't associate with actual performance.
- What's most critical in fitness and performance: Watts per kilogram of body weight.



FTP Test Protocol

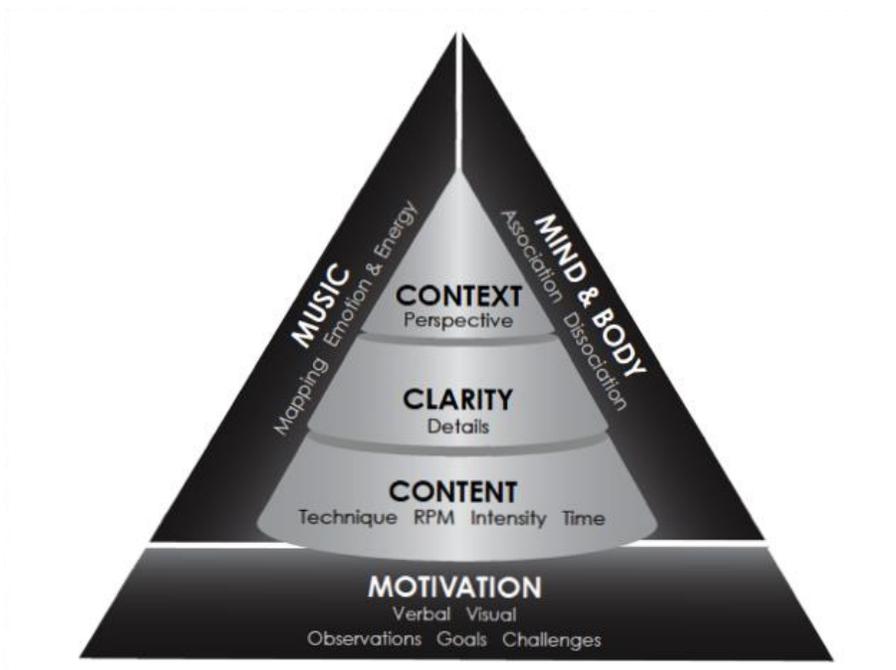
	Time	Description	% FTP
Warm up	15 - 20 min	Endurance Pace	65%
	3 x 30 - 60 sec	Fast Pedaling 100 RPM's	N/A
	2 - 3 x 30 - 60 sec	Hard effort	120%
	5 min.	Easy riding	55%
Main Set	5 min.	Time Trial	110%
	5 min.	Recovery	55%
	20 min.	Time Trial	Max

Motivation

- Verbal
- Visual

Coaching with Power

- Observation
- Goal
- Challenge





Getting tougher is that process of pushing beyond your perceived limits and realizing you can do more.

Turning on Your Toughness

When the going gets tough, the tough get going. But how? Take some cues from elite athletes and soldiers: stay calm, eliminate extraneous thoughts and actions, rely on ingrained routines, and stay positive. When it's time to get tough, you have to narrow your focus to exactly what has to be done now. Don't think too far ahead. Get through now and then move on the next step. Stop thinking about what could go wrong or how you got into this situation; clear your mind so you're just making the decisions necessary to go forward. Above all, use positive self-talk to maintain a mindset for success. You're already carrying on a conversation in your head; make it a positive one.