

# 4326 - Stages™ Cycling: Power Versus Rhythm The Debate Is On!

SATURDAY, 1:00-2:30pm

Presented By: **Kristy Kilcup & Javier Santin**, Stages Indoor Cycling Master Educators

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## **Session Description:**

Appreciating the delicate balance between the power-based rider and the rhythm rider is imperative for today's indoor cycling instructor. Will a power-filled approach cause your party riders to walk away, or vice versa? You don't want to miss this session in which we'll address "the elephant in the room" in our cycling communities. We will delve into the aspects of body positioning, goal setting, musicality and using metrics—all while keeping humor alive throughout as we blend both perspectives.

**The Ride:** As Fitness Instructors, we are sales agents. We sell fitness, hard work and sweat. Journey through a 45-minute ride with Power Patty and Rhythm Rita as they address the elephant in the room.

**Learn how** to increase your creativity with a structured plan:

## **Benefits of Power based training:**

For those of us who love music, using numbers can sometimes be somewhat boring. It also might stress those who come 'just' to have a good time – looking to leave their brains at the door! Here are 3 very important benefits of riding with power:

- 1.
- 2.
- 3.

## **Benefits of Rhythm based training:**

For those of us who are in love with the metrics that power meters can provide, we can sometimes see music only as a means to squelch the silence. Here are 3 very important benefits of using music in your class for more than background music:

- 1.
- 2.
- 3.

## **Where Science and Fun Collide: Blending Power and Rhythm**

Now this is the tricky part, right? Most of us tend to swing to one side or the other, so here are some tidbits we like to call 'blenders', that will assist you as you pair all the amazing benefits of both power and music:

- 1.
- 2.
- 3.

### **Practical Takeaways (Monday morning ready!):**

So there may be some things that we've covered that you think you understand, but we'll break it all down here. After all, you're here to get 'stuff' so you can go back to your classes and kick @\$ next week, right? Well, here are several takeaways and resources that will help you do just that!

- 1.
- 2.
- 3.

**Thank you for attending this session!**