

SESSION #4332

KEISER GROUP INDOOR CYCLING POWER: GEEKS, GEARS AND REARS

Presented by: Buddy Macuha

Keiser was not only the first to introduce power, but is still a leader in power training across the globe. In this session, walk away with the theoretical background of power training and then get your rear in a saddle to experience the real-world application of power. This session will power you up and take away the guess-work of how to effectively add power training into your classes.

What is POWER?

- Why train with Power?
- Power and the individual
- Equalizing power outputs

RIDE: Short and Sweet Power Test

Power Zones Chart (HR/RPE): Compute

Where do we train more often? Why?

Where do we recover most of the time? Why?

Approach #1:

- Power test / actual numbers / solid goals
- Ride Sample #1

Approach #2:

- RPE = watts in programming / smart coaching / estimated and range goals
- Ride Sample #2

Programming

- Periodization (short to long-term)
- Focused performance programs
- Quarterly 'check-ins'
- Repeat intervals (time trials, power trials)
- Miscellaneous drills (use and dispose)
- ½ and ½ class
- Class styles on schedule
- Other

Practical

- Let's Ride!

www.keiser.com