

SESSION #4516

KEISER GROUP INDOOR CYCLING C3: CREATE, COACH, CYCLE

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Knowing how to put together a successful class takes new ideas and a fresh approach. In this session, learn how to create interesting ride profiles, discover tips on playlist selections and more importantly, uncover training methods on how to “coach” your riders to individual success. Empower yourself and your rider’s with coaching and training skills that will take your rides beyond the basic.

Creating a Ride Profile

- Overall performance goal(s)
- Terrain/Cadence
- What’s your Style?
- Break it Down
- Special Effects

Party Playlist

- Look at goal(s) for class
- Terrain – will this determine style of music?
- Word/chorus play
- Chorus/verse play
- Genres – mix it up
- Work vs. recovery
- Rhythm work
- Length matters

Playlist Tricks

- Apps to help
- Listen with intention
- Shazam - ready, set, go!

Coaching

- Intrinsic vs. Extrinsic Motivators
- Types of cues
- Individualized options
- Word play: ask vs. tell
- Non-drills
- Technique work
- Assignments (coaching goes where?)