

SESSION #5215

KEISER GROUP INDOOR CYCLING

RIDE: MUSIC, GAMES AND DRILLS THAT THRILL

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Putting together cycling classes that keep riders engaged and challenged can be difficult at times. But knowing a few tricks can help you organize and execute a memorable ride. Beginning with a playlist selection that connects music with energy-demands, followed by the correct balance of drills and games creates the perfect formula for cycling success. If you are ready to ride, we are ready to deliver in this idea-packed session.

The Formula

- The overall ride (big picture) and the specifics (small picture)

Designing the Ride

- Who are you teaching to?
- What is the class format you have designed or are required to teach?

Music

- Music is the main framework for a ride. Select songs that match the energy demands of the drill
- It provides the 'road map' by reflecting or corresponding with a particular terrain, drill or feel.

Working with the Music

- Finding the beat of a song is often innate
- Instructors can work with the beat of the music or use it as background

Creating a Playlist

- It takes a great deal of time to create a playlist that works with the ride from beginning to end.
- The song choice must inspire the instructor first. Variety inspires all riders.
- Try to ride and practice with different songs to see where they best fit into the overall workout.
- Use various tools for finding and sourcing music.

Your 'DJ' Rules

'Set the Tone' Song

Pre-Class and Warm Up; chill or uplifting

'Karaoke' Song

What riders could sing to?

'Memory' Song

Connecting to 'high school' or the past

'Chart' Hit

What's hot right now?

'Everything In Between'

Determined by the format of the workout

'Finale'

Creating a lasting impression



Drills and Games

- Drills enhance specific individual goals; for example, to improve power, strength or speed.
- Games are used to also achieve specific goals, but further enhance the 'team' ride mentality.
- Too much of anything is never a good thing (use a non-drill to allow riders to ride their ride)
- Let the music be the motivator and the 2nd teacher.

Drills

- Enhance Muscular Endurance
- Improve Pedaling Efficiency
- Improve Strength through Hill Training
- Improve Power with Intervals

How to Instruct a Drill

- Give the drill a name
- Describe the goal of the drill
- Explain the drill
- Implement the drill

Games

- Help to make the workout more engaging and fun
- Often rider's participation adds to the overall energy of the workout

Syncopated Push/Pull

- Find a cadence to match the beat of song.
- Add enough gear to keep riders (a) moderately challenged or (b) controlled at this cadence.
- Cue to pedal to the beat "1, 2" and then "3 & 4" (slow, slow, quick, quick, quick).

Blackbird 1, 2, 3

- Any song and cadence. Hill or flat road terrain will work.
- Escape the attacking blackbirds!
- 1 blackbird = 20 seconds; 2 = 40 seconds; and 3= 60 seconds

Lift Play

- Choose a song that consistently repeats a word or phrase throughout the song. Hint: country songs are good for the words beer, bar, dance, truck, etc.
- On the chosen word, stay 'seated' until the 'stand' word is sung; and vice-versa.
- This is random lift training. Cue good technique for coming out of the saddle and back in.
- Know the song choice well; choose a song that is currently popular or a huge classic.

Peloton Lead

- Any song, cadence and any terrain will work.
- Set up the scenario: There is a large group of riders (the peloton) with several riders in rows. Similar to the set up of an indoor ride.

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- Those leading each row work 30% harder as the lead, while riders behind them have 30% less intensity.
 - Determine your baseline for the group i.e. a smooth flat road at approximately 90 rpm and at an intensity 'just below hard'. Establish the baseline for the entire class before beginning the drill.
 1. Transition: Each row increases their effort by 30% over the course of 15 seconds – they are now the leaders of the Peloton. Repeat with each row.
 2. Timed intervals: First row 'leads' for 45 seconds; in a 15 second transition time the 2nd row begins to increase 10% effort every 5 seconds while lead row decreases by 10% every 5 seconds to fall back into the pack.
 - a. Now the second row is leading for 45 seconds (30% more intensity) and then transition to the next row.
 - b. Move through all rows and riders 2-3 times; this could be a long stage.
 - Know your classroom set-up and how many rows you have.
 - Time the drill and make sure the music selected will work with the length of the drill.
 - For example, 6 rows, 1 minute each x 3 rounds = 18 minutes of drill plus 2 minutes to set up to establish the baseline; requires 20 minutes of music.)

Follow Me

- Any song, cadence, terrain will work.
- Follow Me is a random drill and anything goes (within correct riding guidelines)
- The instructor does not say a word... but rider's watch and copy what they are doing.
- The instructor uses facial expressions and hand gestures (such as pointing to legs and then speeding up).
- Use your imagination!
- Have fun!

Follow Me Ideas:

- Speed up noticeably or slow down
- Stand up and do any of the following: put one hand on your low back; mimic drinking water/eating snack/brushing hair back, etc., look behind you to the right, left; begin to sit but change your mind
- Show controlled lifts: exaggerate moving hips back over back of the saddle
- Duck under imaginary branches
- Ride around corners
- Wave or High 5 someone
- Add or take gear off - exaggerate hand moving to gear so riders see what you are doing
- Emphasize facial expressions

Practical

- Let's ride!