

INDOOR CYCLING INSTRUCTOR TRAINING SERIES



**Master the Music**  
Killer Rhythm. Smooth Cues. Total Motivation




INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES

MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Agenda

- Understand the Important Role of Music for Every Aspect of Your Class.
- Identify the Pulse, Cadence and Intensity of Music
- Learn to Cue Cadence and Drills with Rhythm and Emotion
- Get Familiar with a Few Tools for Building Workouts, Mixing Songs and Organizing Music



[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES





MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

**Let's Ride!**  
The Class Experience

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

**[Music Tip]**  
Often times we download music (after listening for only 30 seconds) and realize the song doesn't work . Use these "dud" tracks for pre-class music.


Set the mood by adjusting the lighting and putting on pre-class music 15 minutes before class.

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR

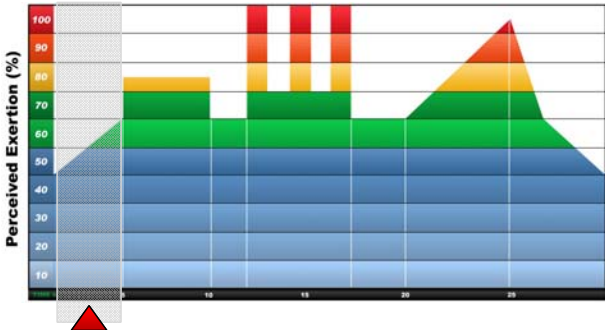
TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Let's Ride

### The Class Experience




**Warm-Up 1**

PE: ~50-60%  
RPM: 90  
Time: 4:00


Light, noticeable progressive resistance. Review safety, hand positions, proper form, how to gauge intensity (PE).  
Overview of the workout / training.

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR


TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Let's Ride

### The Class Experience




**Cadence Drills | 30-Second Intervals**

PE: ~75%  
RPM: 60 - 120  
Time: 5:30


Instruct riders to add enough resistance to enable them to stand safely. Alternate between 30 seconds with speed and 30 seconds soft pedaling.

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR


TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Let's Ride

### The Class Experience




**Recovery | Explain the Next Drill**

PE: ~60%  
RPM: 90  
Time: ~2:30


Allow riders to recover with light, noticeable resistance.  
Explain / demonstrate the next drill.

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR

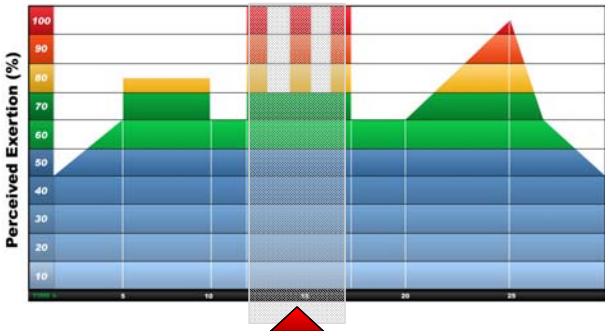
TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Let's Ride

### The Class Experience




**Sprints | Explosive Power**

PE: ~100+%  
RPM: n/a  
Time: 4:30


Perform 2 to 3 explosive efforts using heavy resistance. Legs should not spin out of control. Recover 45-60 seconds between efforts. Emphasize proper form and safety.

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR


TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Let's Ride

### The Class Experience




**Recovery | Explain the Next Drill**

PE: ~60%  
RPM: 80  
Time: 3:00


Allow riders to recover with light, noticeable resistance. Explain the upcoming climb. Riding in the saddle with out of the saddle attacks. Provide seated options.

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR

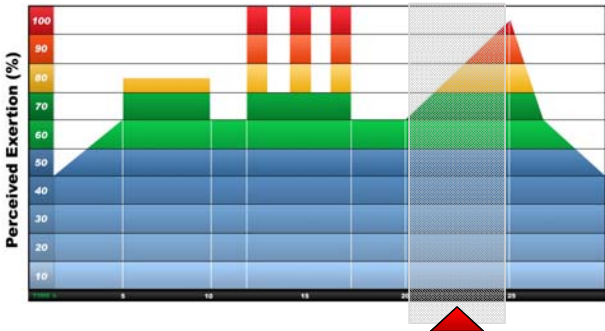
TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Let's Ride

### The Class Experience




**Climb | Short Climb with Attacks**

PE: ~75-90%  
RPM: 70  
Time: 4:30


Instruct riders to start the climb with moderate resistance. Start seated and have them add resistance (optional) before each out of the saddle effort / attack (optional).

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR

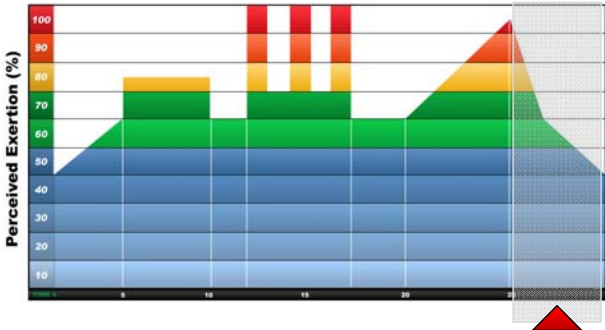
TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Let's Ride

### The Class Experience




**Cool-Down | Recovery and Stretch**

PE: ~60-50%  
RPM: 80  
Time: 5:00


Instruct riders to back down to an easy road with light noticeable resistance. Ensure riders have returned to a PE of ~60% before dismounting the bike to stretch.

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR

TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Feel the Music


### Pulse, Cadence & Intensity

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)





INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## What is Rhythm?


- The Flow of Movement
- Strong vs. Weak
- A pattern of beats

## The Pulse...

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Feeling the Pulse

- What does it make you feel?
- How does it make you move?
- Rhythm vs. Cadence
 


Deciding on the cadence can be different based on how you hear the rhythm and what you decide to use the music for.


Music that is 60 BPM could also be counted as 120 BPM

60 BPM increasing to 120 BPM is called 'Double Time'

120 BPM decreasing to 60 BPM is called "Half Time"

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)






INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES


MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## BPM or RPM

- Beats per Minute / Rotations per Minute
- Determine RPM by counting 1 Leg.
- Determine the RPM of music by counting the pedal rotations of 1 leg for 15 seconds and times by 4.
- Start counting at ZERO!

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)






INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES

MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## The Physiological Effects of Cadence?


- A cadence between 80 to 120 RPM can place greater stress on the aerobic system
- A cadence between 50 to 80 RPM can place greater stress on the muscular system
- ~80 RPM is a good cadence for recovery efforts

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)





INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.


## Intensity. Emotion. Motivation.

- Choose music based on Intensity and Emotion.  
What is it...it **Depends.**
- Use Music Structure to Your Advantage
  - Use the chorus and solos for more intense efforts like intervals, accelerations and attacks
  - Use quiet / soft sections of music to give reminders such as breathing and relaxing
- Vary Music Styles
  - Don't be afraid to use different styles of music that better captures the emotion of your drills such as Rock for hard sections, Trance for mind-body climbs and Yoga Rhythms for cool-down and stretching.

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.


## If the Music Fits...

- You Can't Please Everyone, but...
- If your music "fits" the drills (cadence and intensity), people will forgive your music style and pay more attention to the workout

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.


## Instrument vs. Vocal Music

- Use the music that fits your style of the purpose of the workout
- Instrumental music can be better choice for the warm-up because it allows you to give instructions without competing with vocals
- Vocal music can make race days more exciting (particularly live versions with crowd noise)
- **NOTE:** It is more important that the music tempo (cadence) and intensity fit your purpose before choosing between instrumental vs. vocal.

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.


## Cue the Drills

### Manipulate Music and Time

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.


## Lead Riders In and Out

- Set riders up for success by letting them know when a drill or effort is about to begin and when it will end
- **Count them in:**  
“We will start in 4...3...2...1...”
- **Count them Out:**  
“Almost there 4...3...2...1...”

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES

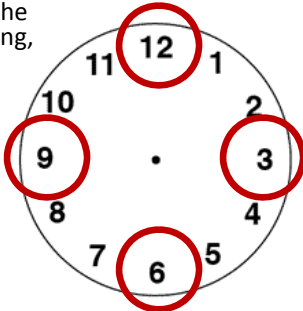


MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.


## Master the Clock

- But don't let the clock master you.
- Start and end efforts on the quarters (12, 3, 6, 9)
- Always default to the rhythm over time (clock)


**For example,** if you are counting down a drill that looks like it will not end on the intended quarter, it is better to go with the rhythm when counting, even if you may end 2-4 seconds early or late.



[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.


### Time Checks on Tough Challenges

- If you are asking your riders to work hard over a long period of time, provide motivation through intermittent time checks
- “You’ve got 1 minute, 45 seconds, 30 seconds, 20 seconds, 15 seconds, 10... 4...3...2...1...”

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.


### Nothing but Music

- Give your riders time to just ride to the rhythm – no cues. Just the road the bike and themselves.
- Use recovery sections to explain and setup the next effort to decrease cuing during the drill

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

### Voice Inflection

- Get dramatic!
- Whisper during intense sections
- Volume and Intensity  
“4...3...2...1...”
- Count on the off-beats or slow to create intensity
- Teach without the music to hear riders breath

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

### Techie Stuff

### Sound and Software

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES

Stage5  
CYCLING

MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Master the Sound System

- Nothing can mess up your “*rhythm*” like a sound system
- A picture is worth a thousand settings  
Take a picture of how your stereo is setup so you have it as a reference if one day everything is messed up.
- Walk around the room as you instruct to hear what your riders are hearing
- Always have backup (MP3, CD, Batteries, Cables)

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES

Stage5  
CYCLING

MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## [Music Tips]

### Don't Mix Everything

- Be careful if you put songs together or make a continuous mix (for example 4 songs mixed as 1 mpg), you may have to start the music in different places
- **Oops or Sorry I'm Late**  
Make sure you can select individual songs in your playlist in case you have to start 5 to 10 minutes into the class or have a technical problem
- **Print Your Playlists**  
Your riders may want to know the names of songs and artists

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)





INDOOR CYCLING  
INSTRUCTOR

TRAINING SERIES

MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Tools for Working with Music

### Create a Workout Builder

- Sort Music by category or folders that indicate Type (recovery, climbs, sprints, etc.), Styles (rock, trance, etc.)



The screenshot shows the Juno Reaktor software interface. On the left is a file browser showing a hierarchy of folders. A red circle highlights the 'Type' column in the main music library view, which lists various music tracks. The right side of the interface shows details for the selected track, including its cover art and metadata.

Stage5  
CYCLING

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)

IC/PRO  
INDOOR CYCLING

INDOOR CYCLING  
INSTRUCTOR


TRAINING SERIES

MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Tools for Working with Music

### Finder Other Music You May Like

- Some software has options to search for other music of the same type or genre  
For example “Listener’s Also Bought”



Stage5  
CYCLING

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)

ICI/PRO  
INSTRUCTOR CERTIFICATION 500

INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES



MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.


## Tools for Working with Music

### MixMeister


- Easily mix (cross fade) music, change tempo, remove (reverse) language.



[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES

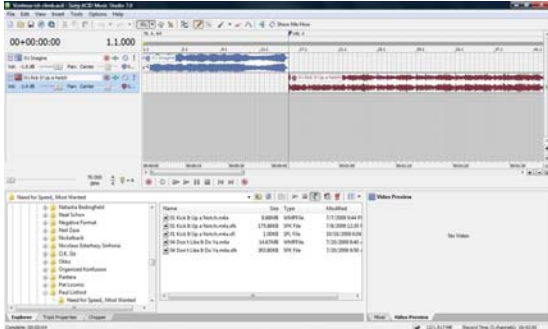


MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.


## Tools for Working with Music

### Sony ACID Music Studio

- Advanced mixing and editing
- Create your own music.



[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES

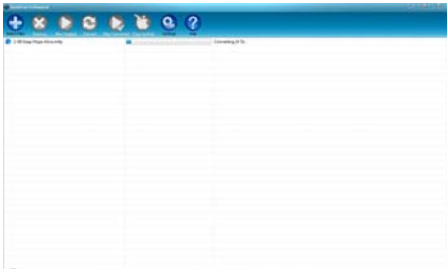


MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Tools for Working with Music

### SoundTaxi


- Unprotect DRM Music
- Convert music to other formats.  
MP4 to MP3, etc.



[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES




MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

## Q & A

### Questions, Concerns & Cries of Despair

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)



INDOOR CYCLING  
INSTRUCTOR  
TRAINING SERIES



**Stage5**  
CYCLING

MASTER THE MUSIC | RHYTHMS. CUES. MOTIVATION.

# Thank You!

**Tom Scotto**  
USA Cycling Elite Level Coach  
Program & Sports Director  
Stage5 Cycling Incorporated

[toms@stage5cycling.com](mailto:toms@stage5cycling.com)

[www.stage5cycling.com](http://www.stage5cycling.com) | [www.indoorcycleinstructor.com](http://www.indoorcycleinstructor.com)

