

INDOOR CYCLING INSTRUCTOR TRAINING SERIES



RPMx
Beyond Leg Speed




INDOOR CYCLING
INSTRUCTOR
TRAINING SERIES

RPMx | THE RIDE

Let's Ride!
RPMx – Beyond Leg Speed

Coach
Tom Scotto

Length
60 Minutes




www.stage5cycling.com | www.indoorcycleinstructor.com



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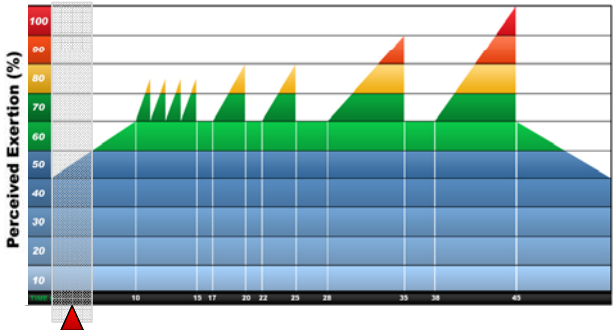
TRAINING SERIES



RPMx | THE RIDE

Let's Ride

RPMx – Beyond Leg Speed




Warm-Up 1 | Introduction

PE: ~50-60%
RPM: 80
Time: 4:30


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

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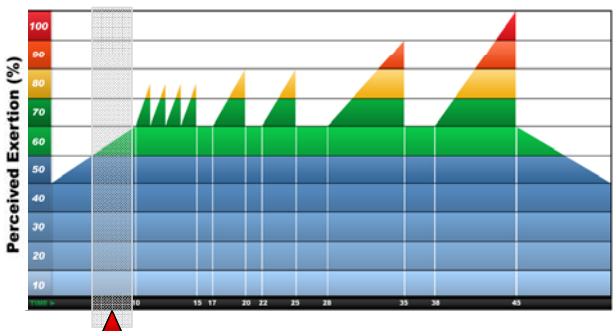
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Let's Ride

RPMx – Beyond Leg Speed




Warm-Up 2 | 30-Second Accelerations

PE: ~70%
RPM: 95+
Time: 4:30


Instruct riders to add enough resistance so they can remain in control (no bouncing) as they accelerate for 30 seconds. Recover for 30 seconds and repeat.

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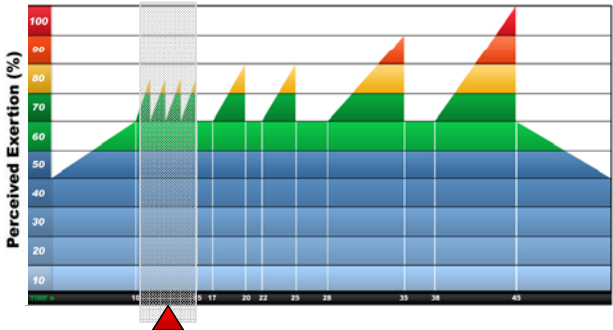
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RPMx – Beyond Leg Speed




Spin-Ups | Short / Quick Accelerations

PE: ~65 - 75%
RPM: 60 - 120
Time: 5:00


With moderate to heavy resistance, have riders accelerate to their top speed (under control) within 10 seconds. Recovery for 20 seconds. Perform 1 spin-up every 30 seconds.

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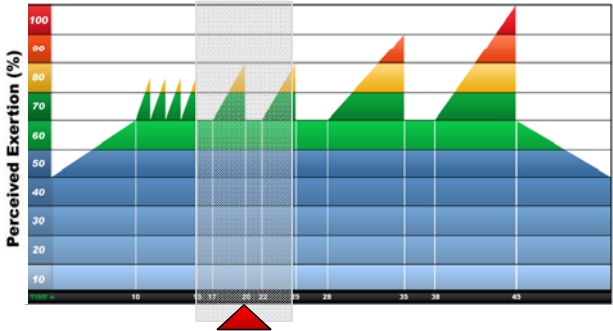
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Let's Ride

RPMx – Beyond Leg Speed




Progressive Speed | 3-Minute Speed Ramps

PE: ~75 - 80%
RPM: 70 - 120
Time: 8:00


Begin with 2 minutes at an easy 80 RPM tempo (recovery). Then follow the music tempo to increase the cadence 5 RPM at a time for 3 minutes. Repeat.

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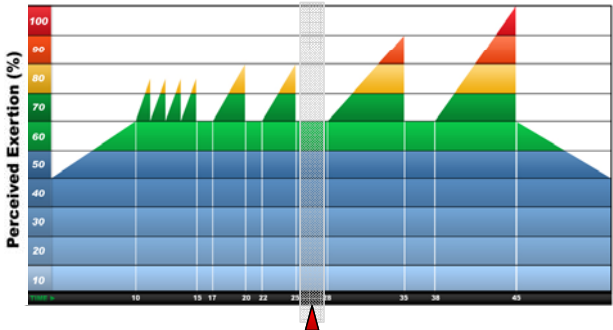
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Let's Ride

RPMx – Beyond Leg Speed




Recovery | Prepare for Next Effort

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


Return to an easy flat road and allow legs and breathing to recovery. Prepare riders for the upcoming 7-minute progressive speed drill.

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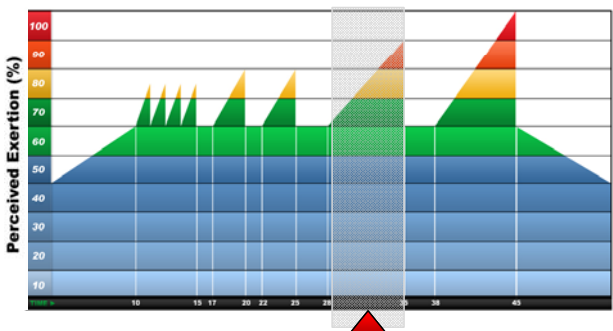
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Let's Ride

RPMx – Beyond Leg Speed




Progressive Speed | 7-Minute Speed Ramp

PE: ~60 - 85%
RPM: 80 - 120
Time: 7:00


Instruct riders to add enough resistance so they could stand. Have them return to the saddle and follow the music temp. The speed will increase 10 RPMs approx. each minute.

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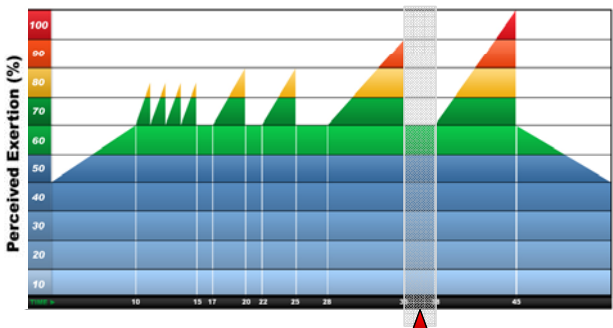
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RPMx – Beyond Leg Speed




Recovery | Prepare for Next Effort

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


Return to an easy flat road and allow legs and breathing to recovery. Prepare riders for the upcoming 7-minute fast flat road at 100 RPM. Has their body adapted to faster speeds?

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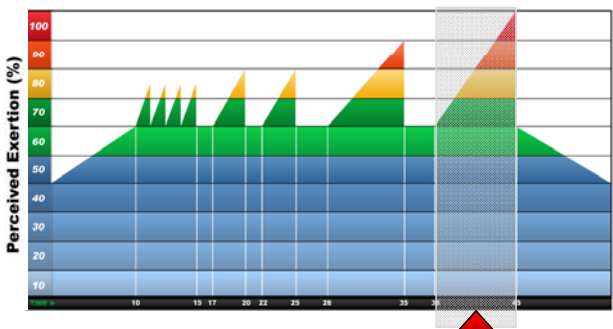
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RPMx – Beyond Leg Speed




Tempo | 7-Minute Steady State Cruise Interval

PE: ~85+%
RPM: 100
Time: 7:00


Ask riders to find the tempo (100 RPM) and add resistance to simulate a fast flat road (with the ability to stand). Perform progressive out of the saddle efforts each minute, starting at 10 seconds and building to 30 seconds.

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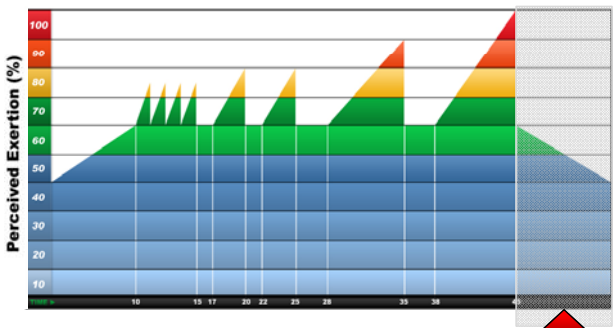
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Recovery | **Cool-down and Stretch**


PE: ~60 - 50%

RPM: 90

Time: 11:00

Spend the first 4-5 minutes allowing riders to slow down their legs and gradually reduce their heart rates. Follow with 6-7 minutes of stretching focused on the muscles of the leg.

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Thank You!

Tom Scotto

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Program & Sports Director
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