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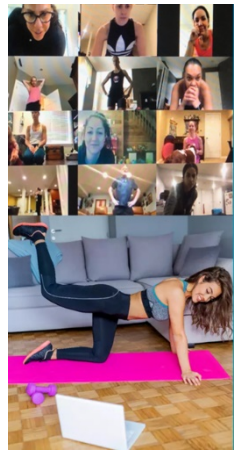
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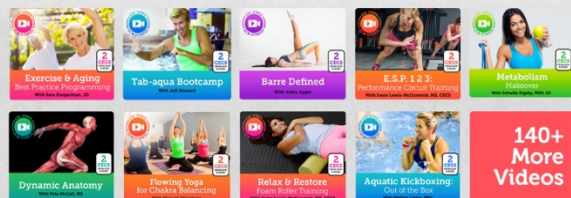
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- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
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Schwinn® Indoor Cycling: F.E.A.R. Face everything and RIDE

Bring a never-quit conviction and discover your true grit in this workshop where Schwinn takes it to the MAX. Numbers don't lie and Power is a real indicator of intensity. Learn what POWER is, find your true max, and learn coaching techniques to use power to motivate in a variety of different ways. When you marry truth and intensity you unlock your riders' greatest potential with an FTP ride.

What is Power?

- Power is is much work you are doing and how fast you are doing it ($P=W/t$)
- In indoor cycling it is: Resistance x revolutions per minute (RPMs)
- Cadence matters! Cycling studies demonstrate that pedaling in a very high gear (equivalent to heavy resistance) with a very low cadence is not only a poor way to produce power; it is also quite inefficient and ineffective at improving fitness levels.

What is FTP?

- Functional Threshold Power (FTP) is synonymous with Anaerobic Threshold (AT), Lactate Threshold (LT), maximal Lactate Steady State (MLSS), Onset of Blood Lactate (OBLA) or simply threshold.
- FTP is a powerful predictor of a person's endurance performance ability: an individual's metabolic fitness (LT) determines the percentage of the V_{O2} Max utilized in a given time.
- Testing FTP determines what power output can be sustained for a 60-minute Time Trial (TT).
- Since a 60-minute TT is physically and mentally taxing, a 20-minute test is preferable.
- Outdoor testing creates inconsistencies: Indoor assessments allow for more accuracy
- When performing a 20-minute FTP test, subtract 5%

W/kg?

- Body mass, muscle mass and fitness level greatly influence an individual's ability to produce power.
- A larger, more muscular male will produce higher wattage than a petite female, but this is a 'raw' number and doesn't associate with actual performance.
- What's most critical in fitness and performance: Watts per kilogram of body weight.



FTP Test Protocol

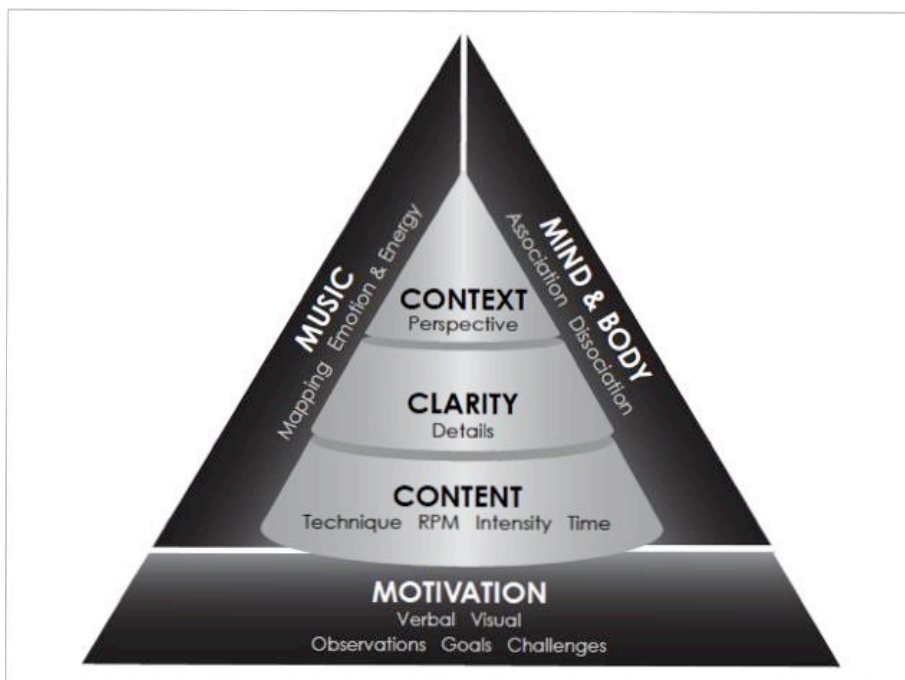
	Time	Description	% FTP
Warm up	15 - 20 min	Endurance Pace	65%
	3 x 30 - 60 sec	Fast Pedaling 100 RPM's	N/A
	2 - 3 x 30 - 60 sec	Hard effort	120%
	5 min.	Easy riding	55%
Main Set	5 min.	Time Trial	110%
	5 min.	Recovery	55%
	20 min.	Time Trial	Max

Motivation

- Verbal
- Visual

Coaching with Power

- Observation
- Goal
- Challenge





Getting tougher is that process of pushing beyond your perceived limits and realizing you can do more.

Turning on Your Toughness

When the going gets tough, the tough get going. But how? Take some cues from elite athletes and soldiers: stay calm, eliminate extraneous thoughts and actions, rely on ingrained routines, and stay positive. When it's time to get tough, you have to narrow your focus to exactly what has to be done now. Don't think too far ahead. Get through now and then move on the next step. Stop thinking about what could go wrong or how you got into this situation; clear your mind so you're just making the decisions necessary to go forward. Above all, use positive self-talk to maintain a mindset for success. You're already carrying on a conversation in your head; make it a positive one.



Total Time: 60min

Big Picture/Description: Functional Threshold Power Test

The CORE				The FRAME Coaching/Motivation	
Stage/ Time	Intensity/ Time		RPM/Technique		
3:09	Easy		75-95	Seated Flat	<p>During the first song, use the rhythm of the music to create the RPM. Do upper body stretches/neck stretches during the verse of the song, concentrate on pedal stroke during the chorus.</p> <p>Gone: Slight hill, performed seated/standing moving to moderate intensity during the chorus</p> <p>Body Talks: fast RPM's working on a neurological warm up and prep during the chorus</p> <p>Make it to Heaven: Hill, adding resistance and giving hard pushes in or out of the saddle during the chorus</p> <p>Rodney Yates: Easy seated moderate to high RPM's hydrate and instruct how to use the console. Do a couple of demos and make sure people are certain how to work it. Instruct them on when they should start and stop the Stage Timer and let them know the goal and pacing of the 5-minute FTP.</p>
3:48	Easy/ Moderate		70+	Combo Climb	
2:57	Easy/ Moderate		75-95	Combo Flat	
2:52	Easy/ Moderate/ Hard	14:00	60-75	Combo Climb	
Prep Time	Easy	60-90s	N/A	Seated Flat	
4:57	Hard	5:00	70-95	Rider's Choice	
2:41	Easy		70-90	Seated Flat	<p>Recover and hydrate. Sit up away from the handlebars and allow a posture break. Emphasize lowering the HR and provide recovery for the legs.</p> <p>During this recovery is where you discuss the pacing for the FTP test. Remind them how to work the Stage Timer on the console! Remind them that they can ride the 20-minute test with the technique of their choice, seated or standing or both.</p>
3:50	Easy/ Moderate	5:00			
5:31	Hard 20:00		75-95	Rider's Choice	<p>20-minute FTP Test. Pacing is essential. Instruct people to start at a hard intensity with something still left in the 'tanks'. The pacing is ideally 7-7-6-minute breakdown. First 7-minutes, go hard. Second 7-minutes, go harder and on the last 6-minutes go the hardest. This pacing is flexible. If people are struggling in the second 7-minutes, make it an 8-9-minute breakdown leaving less time for the all out-empty the tanks effort at the finish.</p> <p>Provide lots of motivation through cueing! This is a hard workout, but it gives people some very valuable information to work with, as well as a starting point and baseline.</p> <p>Try mantras such as simple words like 'Strong' or 'Powerful'</p> <p>Remind them that this is an opportunity to challenge what they think they know they can do.</p> <p>"You don't know how strong you are, till strong is the only choice you have!"</p>
4:59					
3:11					
4:13					
3:36					