

# The Indoor Cycling Summit 2016



*Ride to the Top*

**The world's first online educational conference for indoor cycling instructors  
from all programs around the world.**

**Created and produced by the Indoor Cycling Association.**

[www.indoorcyclingassociation.com](http://www.indoorcyclingassociation.com)

# The Indoor Cycling Summit

**24 Sessions plus 3 bonus sessions.**

**1.9 ACE CECs**

## **The Care and Feeding of New Students**, by Bill Roach

Nothing defines you more as an instructor than how you meet, reassure, inform and inspire new students. As an instructor, these are your most precious skills, and it is with new students that your skills are most needed, most valued and most lasting. Learn how to use those key moments when you first meet a new student. Learn how to listen to them to overcome their fears. You have one chance to hook them for good, make sure you take it.

## **How to Make a Fabulous First Impression**, by Dr. Haley Perlus, Phd

Whether you are auditioning to get hired, teaching for the first time, picking up a new class, or substituting, this session is essential. Yes, you've studied your profiles and planned great music; you're super excited to lead students through a tough yet fulfilling workout. But that excitement is often accompanied by nervous energy, fear, and even perhaps doubt. Will you remember your cueing? Will the participants like you? Will they ask you something you don't know the answer to?

## **Exercise Physiology for Indoor Cycling Instructors, Pt 1**, by Dr. Jennifer Klau, Phd

New to exercise physiology? Used to know it but can't quite remember? This is where it all begins. This session will focus on key concepts for cycling instructors; it will be taught in everyday language with examples of how the information applies to your classes and your students. The information you take from this workshop will guide your class planning and help you give credible answers to questions from your students.

## **Exercise Physiology for Indoor Cycling Instructors, Pt 2**, by Dr. Jennifer Klau Phd

New to exercise physiology? Used to know it but can't quite remember? This is where it all begins. This session will focus on key concepts for cycling instructors; it will be taught in everyday language with examples of how the information applies to your classes and your students. The information you take from this workshop will guide your class planning and help you give credible answers to questions from your students.

## **Where the Magic Happens**, by Jennifer Sage

As instructors, we often struggle to find a way to push our students to do more than they seem to be doing in class. We don't want to push them too hard but we also don't want them to continue on the path of stagnation with less than stellar results. We know they are capable of more, but how to convince them? The answer: inspiring them to define and explore their comfort zone, and tasting what it feels like to go beyond it...because this is where the magic happens!

## **The Power Primer: The Basics of Teaching with Power**, by Dunte Hector

It's official: Power meters for indoor cycling are here to stay! This introductory session will arm you with the basics necessary to get your riders excited about training with power. The Power Primer will provide you with the information you need to monitor your work on the bike and your body's response to that work in terms of power output. Discover our Top-10 Best Power Practices that guarantee you provide meaningful content for each and every ride without overwhelming you or your class.

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### **Mastering the Art and Science of Heart Rate Training, Pt 1**, by Jennifer Sage

Physiologists, endurance coaches, and athletes realized long ago that lactate threshold was a superior and more effective anchor on which to base training zones than maximum heart rate. It's time to bring this knowledge to indoor cycling and move beyond the inaccurate and ineffective maximum heart rate charts!

### **Mastering the Art and Science of Heart Rate Training, Pt 2**, by Jennifer Sage

In part 2 we get more specific on how to train around threshold and introduce several zone methodologies. Learn how to conduct threshold field tests to determine students' training zones (two test options)

- a talk test for new, less fit, or elderly students
- a 20 minute field test for more fit students
- What to do with the numbers once you get them
- 3-zone, 4-zone, and 5-zone methodologies

We also discuss how best to train to elicit desired adaptations in threshold.

### **Respect the Body Respect the Bike**, by Tom Scotto

Combat contraindications inappropriately popularized by the media and punch those false indoor cycling prophets in the mouth...with education. The indoor bike is a piece of fitness equipment no different than the machines one finds on the fitness floor. As instructors we need to respect the bike, respect the body, and respect the science of training. How your body interacts with the bike is key to the effectiveness of each workout and the prevention of overuse and acute injury. Learn how to teach proper form, alignment, movement, and pedal stroke technique in a way that is educational and fun.

### **My Transition: A Former Aerobic Queen's Journey Into the Great Outdoors**, by Pam Benchley

With no fancy moves or choreography to hide behind, many instructors feel like fish out of water when first teaching indoor cycling. Hence the creation of moves, terms and various positions to keep it "interesting". Join Stages® Indoor Cycling Master Educator and self-professed former hi-low junky Pam Benchley, as she recounts her tale of ditching the leotard and leg warmers for chamois butter and cycling cleats.

### **Interval Insurrection**, by Tom Scotto

Intervals can have one meaning to indoor riders and another to those in the fitness world or that train outdoors. It is time to fight against the traditions of the past, infractions of the present, and injuries of the future. A great deal of group fitness classes and training are interval-based. Learn how to be the master of interval training through the appropriate manipulation of duration, intensity cadence, resistance, recovery, and cueing techniques.

### **Conquering the Small Class Challenge**, by Dr. Haley Perlus, PhD

Class numbers are not always what we would like them to be. Empty space scattered around the room can lower your energy levels and enthusiasm for teaching. Even if you fill your class, but only have 10 bikes in the studio can lower your motivation compared to the exhilaration you feel when you lead a large group. Discover how you can take advantage of small class sizes. Not only will you begin to love the challenge of a small class, your participants will keep choosing your class over any other!

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## **The Dynamics of Teaching with Power**, by Buddy Macuha

Learn how to incorporate the power element into your classes with drills that go beyond cadence and resistance. This workshop will present different ideas to help you get the most from your students while giving you ideas that you can use right away. A brief introduction of power will help you understand what it is and create drills that get results. Be ready to move your skill set to a higher level!

## **The Aging Athlete**, by Dixie Douville

Identify the physiologic changes that take place with the aging process and learn the benefits of various types of exercise on the older client. Identify modification techniques, including routines that will provide cardiovascular, strength, balance, and flexibility components appropriate for the aging client.

## **Risk and Liability**, by Doug Baumgarten

What steps can you take to guarantee that your studio and indoor bicycles are not inviting injury, through your room layout, maintenance of bikes (or lack of it), room temperature, or techniques used in class? Are the techniques used in your classes improving your students' fitness, or do they have the potential to cause injury? Are you sure about that?

## **Teaching with Video**, by Tom Scotto

You've been hearing about all of these uber-cool cycling videos and you're dying to use them in your class, but it seems so complicated. What are the best videos for my classes? Do I play them on a computer, iPad, smartphone, or portable DVD player? Which one of these wires connects to the projector? How does one build a ride profile? Do I still need music? Should I setup the room differently? This workshop will answer all of these questions and more.

## **Teaching Indoor Cycling in Today's Challenging Environment of Misinformation**, by Jennifer Sage

This informative discussion will show you—and your students—that using what we know to be effective training techniques from real cycling and endurance training is much more effective and very applicable to the non-athlete fitness participants who simply wants to lose weight, even those who don't ride a bicycle. Learn why certain contraindications that have become so prevalent and popular in some studios should be avoided at all costs.

## **Sound Check**, by Tom Scotto

How do you find the right music for different parts of your class so riders remain engaged, motivated, and enjoying every minute? Where do you find this magical music? How do you organize it? Don't forget about that pesky sound system. This workshop will teach you how to approach designing each ride with confidence and enter the cycling room in command of every aspect of music. All that is left is pure fun.

## **Lactate Threshold, Lactate Clearance, and the Potential for Overtraining**, by Nicholas Edwards

Nick works with many elite and pro athletes, including Team Garmin Professional Cycling Team, so he's bringing you a wealth of knowledge and experience. This session will dive deeper into the understanding of lactate threshold, lactate clearance, and mitochondrial density. High intensity training is essential, but too much of a good thing can be detrimental. The risk of overtraining is real, especially for instructors who teach too many days in a week.

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### **Eating and Weight Management: It's Not For the Faint of Heart**, by Dr. Jennifer Klau, Phd.

The research and information on healthful eating and body weight continues to proliferate; yet sometimes it feels like we know less than ever! Which information is credible? Do calories count anymore? Maybe I should eat like my ancestors? ...wait, what did they really eat and can I buy it at Whole Foods?

### **Avoid the Riot: A Pain Free Guide to Building a Powerful Cycling Program**, by Cameron Chinatti

Change is good! Unless of course you're an indoor cycling participant and the powers that be took away your favorite class or worse... your favorite bike! If you've been teaching or managing group exercise for even a short while you've probably discovered that indoor cyclists are extreme creatures of habit. So how do you go about making positive changes.

### **TRX for Cycling**, by Dan McDonogh

TRX is the quintessential combination workout for indoor cycling, as it adds a full body and core workout. Dan will guide you through TRX exercises designed to target a cyclist's needs. Dan was recently sent to Spain to train the professional cyclists of Team Leopard Trek with TRX, so you'll be learning it from the best!

### **Latest Technology for the Indoor Cycling Instructor and Studio**, by Gene Nacey

While bike computers have been around for a while, it wasn't until power was added that the indoor landscape started to change. By now, not only has power and computer consoles become standard on every commercial indoor bike, but third parties are feverishly creating indoor cycling tools to exploit this technology for member engagement and market differentiation. Video integration has also become more mainstream with multiple options for implementation and content delivery.

### **Powerful Connections: Social Media Strategies for the Fitness Professional**, by Fred Hoffman

In this session, Fred will provide keys steps to creating a social media plan, and will share practical advice for easy implementation. An overview of the most popular and advantageous platforms, and the applications, tools and services they provide will be presented. More importantly, Fred will show and discuss specific examples of successful social media campaigns and initiatives. Informative, insightful and practical!

# Summit Bonus Sessions

## **Turn Your Students Into Raving Fans**

by Jennifer Sage

Would you like to receive comments and testimonials from your students about how much you rock? How much you empower them? Then you'll want to know these tips for building community, connection, and commitment among your students, so they'll brag about you and come back again and again!

## **Real Strength on the Bike**

by Tom Scotto

Cycling is more than aerobic fitness. Learn strength that enhances our fitness, burns more calories, is the foundation of greater endurance, and the launch pad for sustainable and explosive power.

## **Bike Fit**

by Paul Swift

Proper fit on a bicycle, indoors or out, will enhance comfort, reduce the chances of misalignment and potential injuries, and allow the cyclist to pedal more efficiently. On the other hand, we may lose students when their focus becomes the discomfort of the ride when they haven't been set up properly.