

No “Hills” or “Flats?” Watt Will I Talk About in Class?



With no fancy moves or choreography to hide behind, many instructors feel like fish out of water when first teaching indoor cycling. With the introduction of consoles that provide useful information to the end-user and instructor, we can see measureable progress. Use watts, speed, distance, cadence and more to create meaningful rides that match your participant’s goals.

Hills vs. Flats in indoor cycling:

<i>Historically speaking...</i>	<i>Musically speaking...</i>	<i>In terms of cueing...</i>
Hills = _____	Hills = _____ songs	Hills = _____
Flats = _____	Flats = _____ songs	Flats = _____

Outdoor terrain has morphed into a _____ for indoor cycling!

- Fear Factor
- Instructor differentiation
- Distraction
- Entertainment rich – content bland!

The terms “hills” and “flats” have caused mass _____ for our participants.

Stages™ teaching continuum

Distraction Techniques		Goal-oriented focus
Party language		Comparative language
Terrain		Personal data (metrics)
Subjective		Objective
Surprise structure		Knowledge of what’s to come
Riding Techniques		Postural awareness

Trim the F.A.T... make room for the M.E.A.T!

Frequently Abused Teacherisms vs. Measuring Efforts And Time

F.A.T

- Counting
- "I want..."
- "Add a full "turn" "
- "Lying"
- Inconsistent gauging
- Music is the plan
- Excessive safety cues
- Adjusting participants
- "Moves"
- Fear of space

M.E.A.T

- Remaining time
- "Could you...?"
- Observing Wattage
- Distance goals
- RPM ranges
- Heart Rate
- Having a pre-determined plan
- Relevant safety cues
- Creative Corrections
- Embrace the space

How could you trim the F.A.T in your classes?

Even without a console or power meter what M.E.A.T could you teach?

Great! Let's eat some good clean M.E.A.T!

(See Class By-Design™ plan)