

CYCLING FUSION

For the love of the ride inside and out

TEACHING INDOOR CYCLING WITH VIDEO

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MUSIC & VIDEO



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WHY VIDEO?

- It's not meant to be distracting, it's meant to be engaging, transporting, and ultimately transforming
- Takes you further into the activity
- Helps you feel like you are applying a training concept to an almost real situation
- When it's used this way, it becomes a training tool no less valid than a heart rate monitor or a power meter
- It may be the best bridge available to pull the outside cyclist inside

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WHEN NOT TO USE VIDEO

- When class has nothing to do with a simulated ride
- Heavy interval classes where instructor and students are very mindful of their interval sets and recovery periods
- When the instructor just doesn't have anything else prepared - it's not a baby sitter
- When you have not practiced your video instruction with the video - do not treat your students with disrespect

MENTAL TRAINING

- This is a distinct discipline of athletic training
- Training with videos is a tool that is very useful in this discipline
- Visualizing the Environment
- Getting In The Zone
- Sharpening Mental Focus
- Pushing Through The Pain
- Exceeding Expectations and Visualizing Success

ENDURANCE CLASSES

- There is a general agreement among students (and instructors alike) Endurance classes are boring and often not attended well at fitness facilities
- These classes do not provide a lot of variation in intensity or position
- A majority of the riding in a well run cycling program is in the Endurance category

ENDURANCE CLASSES

- Two tools combine to completely change this class into one of the favorites: HR Monitor & Video
- Both the target heart rate and the length of time to maintain that target will increase over time to make these more and more challenging
- Because of the lack of physical variation, the human mind finds itself wandering and more easily losing focus
- Video in this case becomes a much needed tool to provide that mental stimulation and focus

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ENTERTAINMENT - OH YEAH, IT'S FUN TOO!

- Neither the dedicated cyclist, nor the indoor fitness fan will continue to come to class if we make it all work and no play.
- Just as music provides a perfect entertainment component to each class, video also can embellish that entertainment factor
- A coach with a stop watch and clipboard in a room full of riders on trainers, barking out orders may be great training, but there sure isn't a lot of fun going on there.

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IT STARTS WITH THE RIGHT EQUIPMENT

- **The Screen:** I suggest nothing less than 10 feet wide, and a 16 X 9 orientation



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- The Projector: Projectors need to be mounted from the ceiling.



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IT STARTS WITH THE RIGHT EQUIPMENT

- The Fans: Don't accept anything less than AIRFLOW. See blog post on the topic at Fusion Fanatics: <http://cyclingfusion.com/fanatics/indoor-training/start-fan-club/>

- Besides this being a "best practice" for all indoor Cycling classes, it adds to the sense of realism for virtual cycling



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BIG SCREEN, LITTLE SCREEN

- With the video "revolution" comes varied deployment - computer, big screen, little screen, group, individual



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IT STARTS WITH THE RIGHT EQUIPMENT

- **The Sound System:** Always remember that no matter how good the video, without music you will only appeal to the most serious and dedicated riders.



- There is no avoiding technology... lead with it, learn it, or leave it to the next generation :-)

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IT STARTS WITH THE RIGHT EQUIPMENT

- **Digital DVD Player or DDS:** Cycling Fusion is working on new delivery technology / software+hardware system



Cycling Videos for iPod & iPhone are already available



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THE RIDE LEADER POSITION

- **Facing The Screen:** In keeping with the "group ride" analogy, riding in the same direction as the rest of the class
- Pick strategic times to get off the bike and go around to make sure everyone is "with you" and safe
- **Facing The Riders:** If you or your club requires that you always face the class, then it is recommended that you have another monitor installed on the stage
- This is particularly important when you are "Cueing the Terrain"

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PREPARING TO TEACH A CLASS WITH VIDEO

- It still requires the instructor to have an objective or class focus, as well as a specific game plan
- Don't build the class until you find a piece of video that should allow you to meet your objectives
- After an "on the couch" briefing, a real dry run on the bike with the video is imperative.
- If you find the music does not work for you, you can also have your own playlist on while the video is playing

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VIRTUAL CYCLING RESOURCES

- Global Ride Productions: www.globalride.net
- Epic Rides: www.epicplanet.tv
- Endurance Films: www.endurancefilms.com
- Cycle Film: www.cyclefilm.com
- America's Best Bike Rides: www.americasbestbikerides.com
- The Sufferfest (iPod only): www.thesufferfest.com
- Spinervals (On The Road series): www.spinervals.com

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CUEING TECHNIQUES WITH VIDEO

- **Cueing The Terrain:** The instructor can keep the class tuned into the grade and terrain
- You will want to make sure the video has a lot of "first person perspective" footage
- **Examples: TDF Climbing (Last Segment), Climbing Sufferage (Final Segment)**

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CUEING TECHNIQUES WITH VIDEO

- **Cueing The Training Objective:** Just as it is possible to go outside and ride with an objective for climbing or sprinting or endurance riding
- Make sure your instruction has at least a semblance to what is on the screen (ie. don't do a climbing class to flat terrain)
- **Examples:** *Pacelining France (2nd Segment), Urban Assault (1st Segment)*

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CUEING TECHNIQUES WITH VIDEO

- **Cueing A Story:** Just as a club may include some "Specialty" rides in their overall class offerings, riding alongside video to tell a story is equally valid.
- The instructor who knows how to paint a picture of the perfect road when there is no video is just the type of instructor that can create a story from a set of cycling training footage.
- **Examples:** *Maui Rollers (3rd Segment), France Club Ride ("Who wants to play" segment)*

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BRINGING INDOOR
AND OUTDOOR CYCLING
TOGETHER

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