

NUMBERS GAME

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OVERVIEW

Numbers play an enormous role in the Spinning® program. From the cadence guidelines to a given heart rate, we use numbers to describe a parameter or to simply set a goal to reach. In this ride, we will review several ways to use them in order to create an efficient and fun training session. No need to do crazy calculations, but expect the unexpected!

OBJECTIVES

- Class Design / Profile Building
- Coaching Cues and the Power of Numbers
- Establishing a Fun Group Dynamic

SUMMARY

An idea of how using numbers in a Spinning® class ;)

The participants will experiment a ride where the following parameters will be dealt:

- **Cadence:** Spinning® Guidelines & Drills (Cadence Building, Pedaling Consistency, etc.)
- **Resistance:** Drills (Resistance Loading)
- **Heart Rate:** Monitor and Target Intensity & Drills (%MHR, HR Pyramid, etc.)
- **RPE:** Feel and assess your intensity with a Number from 1 to 10.
- **Intervals:** Example of Hill repeats at LT.
- **Coaching Techniques:** Counting, Goal Setting

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- **Group Dynamic:** Creating different subgroups in the group that interact in a fun way!

PROFILE: it will be designed in a way to implement most of the notions above. Therefore, the master class is an all-terrain ride.

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