



SPINNING® FOR RUNNERS

Presented by Mark Tickner

OVERVIEW

Can Spinning® help runners of all levels improve? Yes it can!

Learn to build the two essential key traits that improve speed, stamina and strength on the bike, as well as leg speed and stride length on a run.

By practicing the Standing Flat movement, you will improve and help maintain good running fitness even when you are unable to run.

Let's "run" together in this ride format where the Standing Flat movement is used in a fun, creative way using various cadences to challenge you!

OBJECTIVES

- Running v. Cycling – Breaking down the movements
- The power phase of running and cycling
- Standing Flat v. Running
- Creating a fun, challenging and easy to learn, teach and practice profile, and how to modify for progressive classes!
- Let's "run" together in this dynamic and easy to learn, easy to teach, energetic, Standing Flat dominant class that is perfect for all runners, cyclists and fitness enthusiasts!

SUMMARY

Learn to create a standing flat dominant class that is perfect for all levels of runners (and cyclists and fitness enthusiasts) who may be injured, or wish to cross train and get fitter and stronger.

For instructors, this class is easy to learn and teach and progress in minimal time!

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**