



## **A STROKE OF GENIUS**

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### **OVERVIEW**

Discuss topics related to optimal cadence, power generation, muscles and muscle fiber types that are active during the pedal stroke, and differences between the pedal stroke of professional and recreational cyclists. We will discuss how to coach pedal stroke drills in your Spinning® classes and recognize those students that need help.

### **OBJECTIVES**

- Understand the muscles and fiber types used during the pedal stroke
- Learn where the maximal power generation occurs in the pedal stroke
- Discuss optimal cadence
- Discuss difference in efficiency between professional and recreational cyclists
- Methods to coach pedal stroke drills

### **SUMMARY**

- Anatomy
- Muscle & Joint Movement
- Fiber Type Recruitment
- Power Generation
- Factors that influence Cadence
- Economy and Cadence
- Optimal Cadence
- Developing your Students
- Pedal Stroke Drills

**Please remember to submit a session evaluation.  
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