

SESSION # 533

## THE RIDE BY KEISER RIDE READY

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**Overview:** Jumping on the saddle, cranking the tunes and teaching the first drill that comes to mind is no longer status quo. Today's indoor cyclist want and expect more. In this session, learn how to put together workouts that are correctly based on intensity to align with specific physiological goals. Using Keiser's proven method of designing workouts, riders will get the results they want within the style of class they like. Whether it's beat, HIIT or power-based, Ride Ready is an efficient and effective class planning tool.

**Ready, Set, Go!**

**How Technology Can Help**

- Teaching tools

To add to the workshop, we recommend you download our newest app:

Beta version on iOS (apple) only. <https://testflight.apple.com/join/65cCGaUt>



For Android:

[https://play.google.com/store/apps/details?id=com.keiser.mseries.app&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.keiser.mseries.app&hl=en_US&gl=US)



**Understanding the Styles and Likes of Various Riders**

- Always consider 'who' you are teaching to.
- Classes are made up of individuals with various skill sets, fitness levels and interests.

**3-Styles of Workouts:**

- Ride Rush (HIIT-based)
- Ride Rhythm (Beat-based)
- Ride Race (Power-based)

**Ask the question?** If you like ... you'll love this ride...!

**Rush**

Interval-focused, covering all terrains and delivers HIIT in an empowering and fun way.

Example – Interval Drills such as Tabata's 20s:10s, Short Extreme Intervals 30:15, etc.

**Rhythm**

Beat focused, connecting with the rhythm and pulse of the music for an energizing ride.

Example – Beat-Driven Climbs, etc.

**Race**

Power focused, delivering challenging terrains and metric-focused drills in an effective way

Example – FTP tests, Power Drills, Distance Drills, etc.

### Creating the Ride Profile

- Goal
- Format / Ride Profile
- Intensity
- Playlist
- Drills
- Teaching Tools

### Building the Ride

- Goal
- Power Zone
- Time
- % of FTP
- Accumulated FTP

### Training with Intensity

- RPE
- Heart Rate
- Power

### 5 Training Zones – Workout Design

- |          |                |                 |              |               |
|----------|----------------|-----------------|--------------|---------------|
| • Zone 1 | Grey           | Active Recovery | <55% FTP     | RPE Very Easy |
| • Zone 2 | Blue           | Endurance       | 55-75% FTP   | RPE Easy      |
| • Zone 3 | Green          | Tempo           | 76-90% FTP   | RPE Moderate  |
| • Zone 4 | Orange Lactate | Threshold       | 91-105% FTP  | RPE Hard      |
| • Zone 5 | Red            | V02 Max +       | 106-150% FTP | RPE Very Hard |

### How Technology Can Help

- Teaching tools

### Ride Ready Profile



Let's Ride!

Thank you!

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