

# Power in the Beat

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Spotify Playlist: The Power in the Beat

With the increase in population of rhythm based riding, is power based riding dying? In this session, you will experience the two different styles to an extreme, and learn how to incorporate both into any cycle class.

## **PRIMARY DIFFERENCE**

Power Based - focuses on performance based techniques, including using higher metrics on a display unit and possibly collecting the same data to build training protocols

Rhythm Based – focuses largely on the beat of the music, usually includes higher energy songs, with build-ups and clear beat drops. Consoles of bikes are used sometimes, but mainly for setting the expectations and monitoring RPM.

## **Benefits of Power Based indoor cycling?**

Creates a focus on quantifying work “data” (watts, KJ) to identify a level of intensity for each segment of work performed. When work is measured, it shows how much stress the rider has endured over the course of a workout, or over longer periods. It provides an analytical evaluation that allows riders to zero in on areas of lower level fitness, optimizing lower-end and higher-end cardiovascular zones, while monitoring proper recovery.

Similar to a personal trainer guiding/motivating you through your workout, bike consoles guide you through the workout and intensity. Using the metrics allows participants to see in real time whether they are following the instructed prompts at higher or lower intensities, or whether they are staying consistent in their pedal stroke, body position. It also assists in pacing during the ride.

## **Benefits of Rhythm Based indoor cycling?**

Riding to the rhythm is when a rider hits the front push of the pedal stroke on the down beat of a song. Most of the work of this style is between 12/4 on a clock (area where foot is in the downbeat of the music). Participants need to feel the music, know the beats per min (BPM) of the song, which leads us to find the revolutions per min (RPM). To calculate the RPM, find the BPM to a song (can be done with music/metronome apps), then divide by 2.

## **Safe RPM ranges?**

BPMs are a good place for instructors to start their ride design.

60-80 in higher resistances / 80-115 in lower resistances.

You can go outside of those numbers, but make sure that movement in those ranges have a specific purpose to help with injury risk.

### **Rider expectations of cycle classes?**

Participants come to cycle classes for various reasons. Below are a few points to consider when designing a class:

1. Creating a class with purpose
2. Creating a safe environment
3. Providing the feeling that he/she has worked out
4. Instructors/coaches serving as primary motivators to ensure class adherence
5. Create feelings of empowerment, not just exhaustion

Instructors have the opportunity to learn from each other. Keep an open mind, and remember that participants, like instructors fall into both ends of the spectrum. We as instructors must be able to teach to different participants, and keep our classes interesting. Variety is key in coaching to keep participants excited. Power and rhythm classes have benefits and CAN be combined successfully!