



A Profile a Minute

Presented by Dixie Douville, RN

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If you love to create profiles and deliver explosive classes, get ready for a real working workshop. Come prepared with paper in hand and ideas to share as a Spinning® Master Instructor leads the group in a frenzy of profile construction. You will see how one profile can be stretched to 10 and learn where to find more ride ideas. Then, participate in a ride that the group created. You are guaranteed to leave with powerful profiles that you can execute immediately.

Objectives:

- Identify the five core movements
- Discuss the variables that impact intensity on the Spinner®
- Create profiles, create more profiles and create even more profiles

The Plan:

- Create the base profile
- Alternate intensity
- Advanced movements
- Progressive intensity
- “Bell curve” intensity
- Loop
- Out and back
- Cadence
- Sustained effort
- Heart rate manipulation

Look and Consider:

- Race profiles
- Stage profiles
- Geography profiles
- Training programs

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