



Feel the Road

Presented by Michael Ferrante

[mferrante345b@comcast.net](mailto:mferrante345b@comcast.net)

Friday, May 30, 2008 4:30 PM– 5:30 PM

### **Objectives**

- Discuss Spinning® and road cycling synergy
- Explain fixed-gear indoor-bike technology
- Explain little ring/big ring and gear component principles as they relate to resistance knob
- Explain and demonstrate the importance of riding terrain and a riding plan as it relates to split-symbol profiles in the Spinning program

### **As a Spinning Instructor**

- Try to experience riding outdoors to get the feel of the road and the subtle, gradual and dramatic changes that occur while riding alone or with a group
- Utilize split profiling as much as possible and avoid the one-song, one-movement mentality
- Never adjust a student's resistance knob—the student “owns” it
- Think of resistance as grades of light—moderate and heavy—and give your students the freedom to define those terms
- Avoid cueing that calls for  $\frac{1}{4}$ ,  $\frac{1}{2}$ , or full turns of the resistance knob or using a clock face or a scale of 1–10 to gauge the level of resistance
- Develop language that helps students to feel the road, make smooth transitions from one piece of terrain to the next, and one Spinning movement to the next
- Think of the ride as “chemistry”—a mixture of cadence, resistance, movement and music
- Try to make your music seamless

### **Let's Ride**

45-minute ride focused on varied terrain, split-symbol profiling, cueing/language and ride chemistry.

**Please remember to submit a session evaluation.  
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