



Gimme a Ride

Presented by Kari Paegle

kpae312@sbcglobal.net

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Objectives

- To briefly revisit the fundamentals of Phase I, Phase II and Phase III rides and profiling
- To distinguish how you already plan your rides and to encourage you how to fine tune that process or try a different approach altogether
- To look at the different elements of class that guide us in preparing for our rides
- To look at one ride design and build 5–10 more from that one

Fundamentals

- Phase I—One song, one profile
- Phase I—split symbol profiling
- Phase III—Energy Zones™

How do you plan?

- Fly by the seat of your pants approach
- Plan to a T and use your notes up there
- Somewhere in-between

Two main ways to plan class

- Ride and profiles first, then music (movie first, then musical score)
 - Pros and cons
- Music first, then ride and profiles (musical score first, then movie)
 - Pros and cons

Different elements of planning for class

- The 4 Ps
- Energy Zones
- Using heart rate training to plan/change ride
- Using music to plan/change ride
- Using profiles to plan/change ride

One Ride Design + Some

- Sheet 1—Look at original ride, music and timing
- Sheet 2—Use it to make another ride with my music and timing
- Sheet 3–8—I will give you three more rides using original
- Sheet 8–10—Divide into groups and plan three more using original (time permitting)
- Blank template for you to copy and practice at home

You pick

- Pick a ride for us to go through from Sheets 1–8
- Prove that the same music works for a spur of the moment ride
- Showing that it is possible to think on your feet

Let's Ride!

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Your feedback is important to us!**