



Performance Indoor Riding  
Presented by Dawn Juarez  
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Friday, May 30, 2008 7:00 AM–8:30 AM

### **Performance Indoor Riding: Technique, Training and Physiology**

#### **Cycling Science and Biomechanics**

- Work Output, Force and Power
- Pedaling Biomechanics

#### **Cycling Physiology**

- Muscle Fiber Types
- Energy Sources

#### **Outdoor Riding**

- Road and Mountain Bikes
- Tri-bikes

#### **Indoor Riding**

- The Spinner® Bike

#### **Spinning Applications**

- Positions
- Parameters

#### **RIDE**

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