



 CYCLING



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B1H ★ Schwinn® Cycling: instructor's choice **SHERRI MCMILLAN**

Experience a complete ride guaranteed to give you plenty of ideas for your classes – and one heck of a workout! You might do a race day simulation, short sets of powerful hills and flats, or even competitive team challenges. Whatever happens, expect world-class coaching, motivation, and high-energy. Sherri then breaks down the components of the ride, identifying music, cueing, imagery, and coaching techniques that will enable you to successfully replicate the workout for your own classes. **WS**

B2H ★ Sublime sound journey **LESLEY GRAY**

Embark on a sublime journey set to a sensational soundtrack. Discover how the use of continuous, beat mixed music allows you to develop an exceptional connection with your class participants. Lesley shows you how to maximise your musical interpretation skills and expand the life of your CD collection. Pick up tips on riding alignment, posture, technique and body awareness and how to communicate this effectively to your participants. **WS**

B3H ★ Information to instruction **MATTY CLARKE**

Become the best instructor that you can be, by developing the language skills to really get your knowledge across to class participants. In this session Matt focuses on information relating to training zones, posture, alignment and advanced coaching tools. Bridge your skills gap to bring your indoor cycling class together for their most amazing ride yet. **WS**

Sponsored by **TOMAHAWK** | **HP**
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B4H ★ Cycle 4 performance: the undulating ride **MANNY KATTS**

Geared around an undulating course, this ride is designed to enthuse, empower and excite your class both physically and mentally. From the flat and fast terrain to the unforgiving climbs, this session challenges both sprinters and climbers. Also includes sprint primes on the flats for the green jersey and mountain climbs for the polka dot jersey – this is where you'll find your own yellow jersey moment! **WS**

C1H ★ The cycling maestro **EFFE DIAMOND**

Music is the main ingredient that determines the success of any cycling class. This workshop explores the essential elements that will help you to become the ultimate musical maestro in the indoor cycle room. Learn how to use great music to create the ultimate framework for your cycling classes. **WS**

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Session codes: WS – Workshop

CYCLING

C2H * Deeper into sound

MATTY CLARKE

The questions that always arise when planning a group cycling class are; what tunes shall I play? And when shall I play them? In this session Matty takes you deeper into music, allowing you to explore the entire scope of sound possibilities. Set to a soundtrack that leaves you breathless, you'll walk away pumped full of energy and inspiration. **WS**

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C3H * RPM™: technique tune-up intensive THE LES MILLS TEAM

This session for all trained RPM™ instructors refines and updates technical skills through all riding positions, identifies and develops drills to build strength, improves technique on the bike and reviews the benefits of correct bike set-up. Take home a clear understanding of the benefits of correct bike set-up and the efficiency and physiological benefits of each riding position in RPM™. **WS**

Sponsored by **Les Mills**

C4H * Cycling intervals and intensities – What really works?

KEN BALDWIN

Cycling, like any sport, involves training in different areas or zones to improve performance. Using cadence and intensity zones, as well as structuring and periodising programs, learn how to put the most into your indoor cycling training. Achieve the very best results for your class participants with Ken's creative ideas. **WS**

PLENARY

C5D * Doin' the cycle boogie!

EFFE DIAMOND

Experience the most fun you'll ever have on a bike! As the wheels are put in motion, you'll be movin' and groovin' to an amazing musical mix. Packed with ideas for entertaining your indoor cycling crowd, you'll also learn how to engage and encourage the participation of any cycling audience. **MC P**

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HF Industries



Session codes: WS – Workshop, MC – Master Class, P – Plenary