

» INDOOR CYCLING

The popularity of indoor cycling among gym members continues to grow, and with it, the demand for skilled cycling instructors. For inspiration, creative cueing advice and technique tips to take you spinning to the front of your field, the FILEX 2010 Indoor Cycling program has it all.

» INDOOR CYCLING SESSIONS

Schwinn Cycling®: heart rate monitor training > A1Q

Jay Blahnik

World-class athletes use heart rate monitors to evaluate and improve performance, and so do many of our clients. However, most people don't maximise this great training device. Jay debunks heart rate monitor misconceptions and provides an up-to-date, simplified approach to using them effectively that will revolutionise your high-performance training. A power-packed race simulation ride brings it all to life! [WS](#)

Please note: You do not need a heart rate monitor to participate in this workshop!

Pedalling + posture = performance > A2R

Alisha Smith

Cyclists and triathletes have long understood the benefits of correct bike set up, posture and pedalling technique and their role in performance. In this workshop, Alisha explores the unique relationship you have with your indoor bike and addresses critical aspects that affect efficiency. Learn tips and techniques that can be implemented straight away, drastically improving your indoor cycle participants' technique and results. [WS L1](#)

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Rhythm and sound > A3R

Claire Norgate

Let's really use the music for technique, as well as motivation and intensity. The best outdoor cyclists mix their pace, gears and terrain – and so should the best indoor cyclists. Learn how to use music and rhythm as powerful tools to control leg synchronisation, smoothness, power and speed. Take home a new love and understanding of music's role as the backbone of your cycle class. [WS](#)



The science behind the ride > A4P

Rachel Kalwy

Have you always wondered exactly what results you are achieving? Do you want more for your participants? Are you and your participants plateauing? In this workshop, Rachel breaks down the target zones, physiological benefits and effects of all types of riding styles and reveals how to improve each key area so participants keep coming back for more. Maximise your riding time! [WS L1](#)

Class plans that work > B1S

Claire Norgate

Do you want to be a strong, adventurous leader of the pack? Claire teaches you how to design simple but powerful classes that effectively manage and control the group's intensity. Whether you have been teaching indoor cycle for years, or whether you have just started instructing, this session delivers new ideas and the skills to create classes with direction and focus. [WS](#)

Cue artistry for cycling > B2Q

Effe Diamond

Expand and build upon your repertoire of verbal and non-verbal cues. In this master class, Effe explores how getting your message across in a far more interesting way can enhance your delivery and overall class performance. This is a must-attend session for the indoor cycle instructor who needs to rejuvenate and improve their class communication skills. [WS MC](#)

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Creative cardio cycle > B3R

Vikki Chadwick

Do you provide your indoor cycle class participants with innovative cardio variations? Vicki explains the ins and outs of interval training and reveals how to challenge participants using different riding positions. Walk away with new strategies to help increase your participants' physical performance and fitness achievements. [MC L2](#)

Ride to the rhythm > B4R

Karen Finucane

Interval training using periods of intense work followed by rest and recovery is an effective method of improving fitness. In this master class Karen focuses on using music as the key to successful interval training. Discover how to use the intensity and rhythm of music to guide and motivate your clients through the workout, inspiring them to reach new physical peaks. [MC L1](#)

» PLENARY SESSION

Global roaming > B5G

Effe Diamond & ICE MasterTrainers

Experience a constructed cycle journey of scaled down simulations of the most famous outdoor riding profiles in the world. Come head to head with the Tour de France's most gruelling gradients and tackle some of the Giro d'Italia's most epic climbs as you ride to a magnificent musical framework of cultural flavours. [MC P](#)

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Australian Fitness Expo time

Cycling delegates > C2R

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