

Creating a Cue Sheet

Don't underestimate the power and benefit of creating a cue sheet for your class. On paper it may represent a simple list of drills, times and cues, but the process of creating the cue sheet may do more to prepare you for a successful class than any pre-class activity.

A Good Class Is Worth The Effort

In order to uphold the high quality standard of your indoor cycling class, it will take suitable preparation time. The above sample of the Cue Sheet leads you through each key component of a good class, insuring that you think through all of the potential elements that should be considered.

It is recommended however, that after you work out the class on paper, using a blank cue sheet, that you go through at least an abbreviated dry run or rehearsal of sorts before you actually use it for a live class. This will help you be well prepared and confident the very first time you execute the class.

Class Summary

RIDE NAME	
RIDE DESCRIPTION	
AUTHOR	
FACILITY	

Class Attributes

RIDE LEVEL	
RIDE FOCUS	
RIDE CATEGORY	

	MIN	SEC	SEGMENT NAME	CATEGORY	RPM	ZONE
1						
			DESCRIPTION & CUES			
2						
			DESCRIPTION & CUES			
3						
			DESCRIPTION & CUES			
4						
			DESCRIPTION & CUES			

NOTES:

Class Summary

As can be seen from Cue Sheet, every good indoor cycling class starts with a Class Summary. Most of the information is pretty straight forward. Here is a brief description of some of the components of the summary:

Ride Name

Be creative, but be descriptive too. We hope to have the ability for students who are taking your indoor cycling classes to sign up by some sort of on-line or posted class schedule. When this is possible, this name will be what gets posted, and so it's part of your "marketing" of the class. Try to come up with a name that would get a potential student to stop, learn more or take your class.

Ride Description

This will be the information that class scheduling personnel may need to post your class on the Indoor Cycling schedule. Remember that students always have a choice for where they spend the few minutes they've managed to carve out of their busy schedules. Provide a short, well-thought description of your class.

Class Attributes

Every indoor cycling class can be defined by their Class Attributes. These help to "frame" the class for two main purposes. First it will help the author/instructor stay focused on their objectives for the class, to insure the class is cohesive and effective. Secondly, it helps the students better select what ride they want to do. This is especially true if students have their own training plans and objectives. Just a review of the Class Attributes will help them see how well one

class vs another will match up with the type of workout they need on any given day.

Ride Level

While different levels of fitness and cycling ability can ride together in the same class, it is often useful to create a class specifically geared towards one level or another. This can help the instructor maximize the benefits to those students. A well designed class will usually target one specific level.

RIDE NAME		CUE SHEET				
RIDE DESCRIPTION		RIDE LEVEL				
AUTHOR		RIDE FOCUS				
FACILITY		RIDE CATEGORY				
MIN	SEC	SEGMENT NAME	CATEGORY	RPM	ZONE	
1						
		DESCRIPTION & CUES				
2						
		DESCRIPTION & CUES				
3						
		DESCRIPTION & CUES				
4						
		DESCRIPTION & CUES				

If you intend multiple levels to ride together in a class, the level should be listed as "Specialty". Its meaning is yours to interpret and explain on a class by class basis.

The Levels are:

Foundations (Beginner):

Provide an inviting & comfortable environment. Establish good form as a foundation for all future classes. Have fun while building a fundamental fitness level. Recruit brand new riders. Create an environment for riders content to stay inside. Demonstrate inclusiveness.

Conditioning (Intermediate):

Establish a strong aerobic base, and the foundational knowledge to train properly with a heart monitor. Demonstrate and track results with software. Prepare for Power Training. Expose students to using video as a valid instructional supplement.

Performance (Advanced):

Uncover the athlete within. Transition from conditioning to training. Experience the fitness benefits of a well executed plan. Convey advanced concepts in training and Cycling in class. Provide targeted training opportunities for competitive riders.

Specialty Classes:

To provide riding variety with no boundaries except safety. Transport the rider to another place, which may not always be cycling related. Focus more on the experience, than the results. Specialty classes can include benefit rides, a stage of the Tour de France, cross training or a mind body focus. Create opportunities for promotional events for the cycling program or the fitness facility.

Ride Focus

The class focus is the over-riding area of training concentration. Classes can be uniquely focused on one aspect of training, or they can be a combination. Rationale for choosing one focus over another will stem from a wide array of motivations from cycling specific training principles to simply the desire to have fun and "mix it up". Some Focus selections are:

Riding Form & Equipment Comfort:

Assuming a proper bike setup so as to keep the rider safe and in the best position to prevent injury, the second most important thing to learn is proper form on the bike. This will translate into both continued injury prevention as well as performance enhancements later as the rider becomes more fit. Equipment comfort includes

everything from Bike Setup to what clothes and shoes are most appropriate when riding. Proper shoes and shorts can make a huge difference in how the ride feels, and even further injury prevention with regards to ones feet, knees and legs.

Technique and Skill:

Various areas of riding technique can be explored and trained. This can include pedal mechanics, speed work and climbing. These classes tend to provide more instruction and coaching. The specific drills both help riders develop technique and reinforce what was just practiced.

Aerobic Conditioning:

Numerous classes can be designed to target aerobic fitness. These specific classes can focus on shorter efforts promoting stamina and longer, steady state efforts emphasizing endurance. The goal of each drill will be to place appropriate stress on the aerobic system.

Muscular Conditioning:

Numerous classes can be designed to target muscular strength and endurance. These specific classes can focus on short, harder efforts promoting strength and long, moderate efforts emphasizing muscular endurance. The goal of each drill will be to place appropriate stress on the muscular system.

Heart Zones®:

Despite the overwhelming science and anecdotal knowledge base that is now readily available on proper aerobic training, the use of a heart monitor and the understanding of how to use one's own heart rate training zones, continues to be poorly understood or utilized by riders inside and out. The Heart Zones® focus promotes proper education and usage of this vital tool for conditioning any athlete; the heart monitor. The variety of training objectives, techniques and drills are almost endless in this area of Focus.

Power Training:

Power Training is not just for the elite or the financially well off anymore. Indoor Bike manufacturers have recently made Power bikes affordable and reachable to the average fitness facility, and so our training focus here is on establishing our power baselines and then improving them for improved fitness or

performance. Power Training is also not just for outdoor cyclists, since it represents one of the most effective methods of insuring a student doesn't get "stuck" or plateau on any given fitness level.

Mind-Body Connection:

There are many facets of the Mind-Body Connection. Building mental toughness and discipline is essential for any athlete who wants to continue advancing in their sport. However, for the highly competitive or elite rider, this may be the only thing that separates them from finishing on the podium or not. For those who don't ride outside, the Mind-Body experience may be the biggest draw for them when they think of Indoor Cycling. There are very powerful physical and emotional responses that can be evoked with the right environment and combination of physical, visual and auditory stimulation.

Ride Category

These constitute the type of training that is being implemented in order to accomplish the objectives of the Ride Focus, but always in the context of the Ride Level. This aspect of working within the context of the Ride Level is how we provide an environment for proper growth appropriate for each population group we serve.

For example, a Foundations level class with a category of Strength would use different techniques for building strength than an advanced class. The instructor from the Foundations class might cue their students to add just enough resistance to feel a slight burn in their quads. The Performance class instructor might cue the class to increase their gear or resistance until their Watt reading is equivalent to an additional 20% of their body weight in Watts.

Sample Ride Categories are:

Steady State:

Steady State rides are the staple and foundation of periodized training and aerobic base building in general. These are highly recommended for those just starting out, or those who have been in shape in the past, but have been away from consistent exercise for a while. Steady State rides generally use a greater percentage of Fat as your body's fuel, so those primarily interested in weight reduction will surely want this as a large percentage of their rides. Steady State rides also protect against heart attack by eventually lowering your resting and ambient heart rate. Finally, for the competitive athlete, steady state rides increases your aerobic capacity which affect the body's ability to store and transport fuel. They also push the riders

ability to master **sustainability** for cadence, heart rate, position and mental focus.

Strength:

Strength rides are probably the most popular ride (and most commonly found from one fitness facility to another). These rides are intense, and straddle the aerobic and anaerobic systems throughout the ride.

The muscular strength of the legs can be developed through these classes. In addition, the cardiovascular impact combined with the additional strength will often result in Improved climbing ability. In the Performance level classes, the ability to maintain mental toughness throughout the ride is a common and consistent goal for participants in Strength classes.

Interval:

Interval training is for those riders who want to take their abilities “to the next level”. Sustaining higher power or increasing and decreasing your work through the top two Heart Zones® will enable your aerobic and anaerobic systems to withstand more and higher levels of effort. Without interval training, you can master your existing level of fitness, and fine tune it to optimum efficiency, but you will likely not increase your ceiling of capabilities. Interval training pushes you to the next level.

This Ride Category can be further sub divided by a choice of **interval sets**. An interval set contains a period of work followed by a period of recovery. An interval set of 1 X 2 indicates that the recovery time (the second number) should be twice as long as the working time (the first number). Here is the list of commonly used interval sets:

1 X 1

1 X 1.5

1 X 2

1 X 2.5

1 X 3

1 X 4

1 X 5

Active Recovery:

Recovery rides are required for the active resting and rebuilding of the body. They promote healing, circulate oxygen to tired muscles, ligaments, tendons, and other parts of the body after strenuous exercise. Best of all though, it increases your work capacity, leading to improved performance. These rides are also an excellent way for a beginner to vary or lengthen their classes without pushing themselves too hard.

Skill Specific:

While primarily geared toward the Performance or Advanced classes, there is

enough latitude with skill development that it could indeed be used at every Ride Level. The sport of cycling has its share of specific skills that can be improved upon for maximum performance. Some of these skills are actually easier to develop indoors than they are outdoors, and as such, it is important to provide classes in this Ride Category to address these skills.

Like the Ride Category of Intervals, Skill Specific classes are further sub divided by a choice of specific skills:

Climbing

Sprinting

Pace-lining

Lactate Tolerance

Threshold Management

Mental Discipline

Pedal Stroke

Class Structure

The Class Structure of the Cue Sheet is where your class actually begins.

This will be our best way to insure quality, consistency and compliance. Whether the instructor uses a paper form to prepare their class, or if they use an application like Class Builder™ (a mobile devices application developed by Cycling Fusion™), the structure and guidelines will remain the same.

Ride Segments

A Ride Segment is a horizontal section than can contain numerous related rows. There are three types of segments: Warm Up, Working Segments, Cool Down. Each of these major Segment types will be discussed below.

NOTE:

An individual Ride Segment is equivalent to One Song. We don't refer to it as just a song though, since it could have been a piece of music that has been mixed [combination of songs].

RPM

It is recommended that in most cases, you provide a target cadence range for your

RIDE NAME		Prelude to a Climb				
RIDE DESCRIPTION		This class will help new riders develop strength and practice standing and balance on short climbs.				
AUTHOR		Tom Scotto				
FACILITY		Cycling Fusion				
		RIDE LEVEL	Beginner			
		RIDE FOCUS	Strength			
		RIDE CATEGORY	Muscular Endurance			
	MIN	SEC	SEGMENT NAME	CATEGORY	RPM	ZONE
1	6	30	Intro / Warm-Up	Warm-Up	90	1-2
	DESCRIPTION & CUES		Start with noticeable resistance Relax your shoulders, arms and hands. Explain the purpose of the workout - Emphasis on standing for beginners			
2	4	00	Practice Standing and Balance	Skill Specific	72	2-3
	DESCRIPTION & CUES		Short standing efforts Option 1: Stop legs and stand to practice balance Option 2: Stand with legs moving Focus on Form and NOT on leg speed			
3	2	00	Recovery	Active Recovery	85	2
	DESCRIPTION & CUES		Take time to rest and prepare for the upcoming climb Allow the legs to recover Allow your breathing rhythm to slow as your effort level returns to Zone 2			
4	5	30	Moderate Climb	Strength	72	2-3
	DESCRIPTION & CUES		Steady seated climb with short (optional) standing efforts One 10-15 second standing effort each minute If you can stand, stay seated or skip a standing effort when needed			

students. A single RPM number is appropriate in certain instances, but a range, even a small range, is usually more realistic.

Training Zone(s)

Determine the training zones that riders should target for each drill. More importantly, decide how to describe how each zone will feel and what riders may experience.

Warmup & Cool Down Segments

The first Segment is already labeled as the Warm Up Segment. The last Segment in the class (as seen in Figure X) shows the Cool Down Segment. These will constitute the "book ends" of every Class Cue Sheet, and are by in large one single song. However, even though these are typically a single song, the Instructor may want multiple Segment cues

to help the introduce the class, or provide closure to the end.

Segment Details

Each Segment has a series of details that are comprised of the components mentioned above, as well as its Name and its designated Category.

Segment Summary Row

Just as the entire class has a summary section, each Segment is summarized on its top row.

Each Segment will start out with the length of its entire song. The **Minutes** of the song are entered into the first cell, and the **Seconds** are entered into the second cell. In the above example, it shows a Segment that is 5 minutes and 30 seconds long.

This top row is where the **Segment Name** is entered. The example above shows the name "Warm Up" for the Warm Up Segment and "First Mild Climb" for the first Working Segment.

Segments should be confined to one Category. This stands to reason since the average song is typically 4 to 5 minutes long, and it can be confusing to try and implement

more than one type of training in this short a time frame..

Specific Cues

The **Cue Text** area is probably the most important section on the Cue Sheet. This is where the Instructor's notes or reminders for each Cue is entered. In general, the fewer the words, the easier it will be to both read and remember. Be as brief as possible, but be clear.

Ironically, this is an area most ignored by instructors, but may provide the greatest benefit. This is the time where you think through each drill. What will encourage your

riders? What do they need to be reminded of? Are there intermediate time checks that should be given? Are there options that can be given to advanced or challenged riders? This is the time to think through these cues and instructions and decide how to best say them in the heat of the moment.

Printing a Simple Cue Sheet

A spreadsheet version of this cue sheet is provided with this workshop.

Just remember to immediately change the file name when you begin to design a class, so that you do not over write the template or other classes you have created.

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CUE SHEET

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RIDE DESCRIPTION		RIDE FOCUS	
AUTHOR		RIDE CATEGORY	
FACILITY			

	MIN	SEC	SEGMENT NAME	CATEGORY	RPM	ZONE
1						
	DESCRIPTION & CUES					
2						
	DESCRIPTION & CUES					
3						
	DESCRIPTION & CUES					
4						
	DESCRIPTION & CUES					

NOTES:

	MIN	SEC	SEGMENT NAME	CATEGORY	RPM	ZONE
5						
	DESCRIPTION & CUES					
6						
	DESCRIPTION & CUES					
7						
	DESCRIPTION & CUES					
8						
	DESCRIPTION & CUES					
9						
	DESCRIPTION & CUES					
10						
	DESCRIPTION & CUES					