

# Best Practices for Coaching with Display Training in Indoor Cycling

1. Layer in elements of display training one at a time.
2. Build in moments to take the display away and focus attention on the mind/body connection, imagery or workout goals.
3. Educate riders on how Watts work:
  - Coach gains, not numbers
  - Numbers are unique to each rider
  - Everyday can't be a max day
4. Use display training to socialize your class and create community.
5. Balance “smack talk” with “schmoozing” in your coaching.
6. When it's a race...It's a race.

