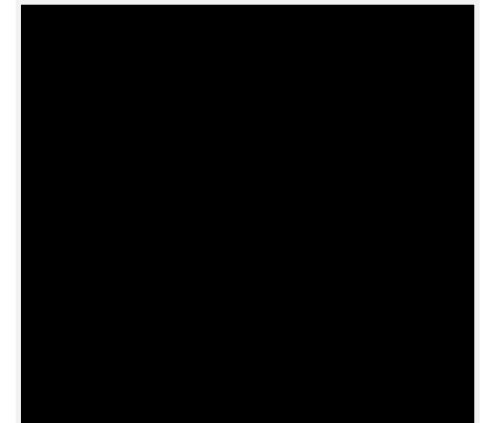


# RPM 89

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## ОБРАЗОВАТЕЛЬНАЯ СЕССИЯ

ВЕДУЩИЕ



# THE SCIENCE PART...



All your  
cameras and  
microphones  
are OFF



On mobile devices,  
swipe across to toggle  
between live video  
and the PowerPoint  
presentation



To ask a question,  
click on the "?",  
(rather than the chat)

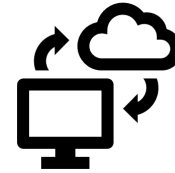


Let's do a  
quick poll!

# TECHNICAL ISSUES?



If you cannot hear/see  
me then please try  
logging off and back  
on

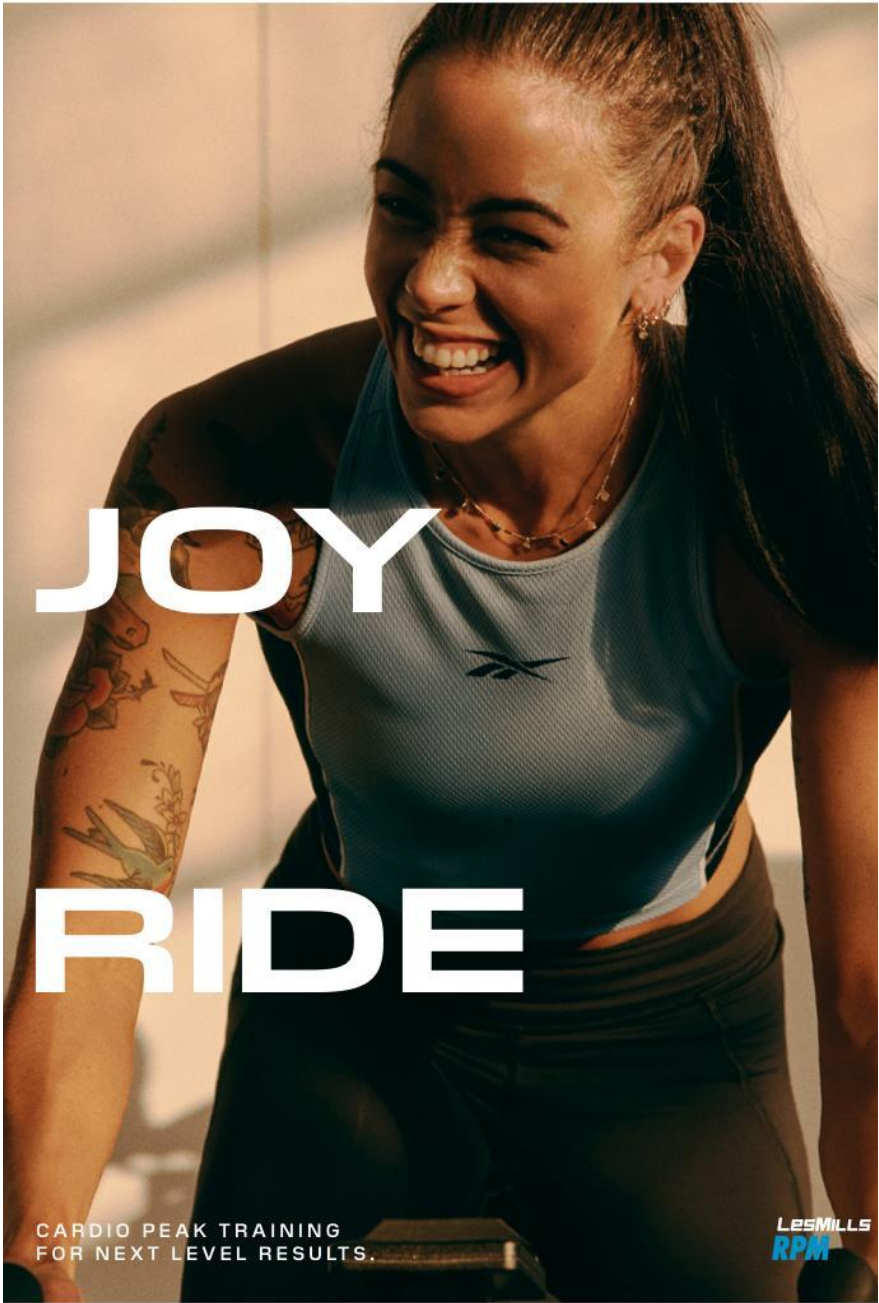


You will need a reliable  
internet connection to  
stream the content  
smoothly!



## ЗАДАЧИ

RPM 89 – узнать обо всем выпуске  
Track 2 – как научить этому  
Принятие музыкального образа мыслей  
Track 7 – как создать путешествие



RPM 89

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# JOY RIDE

## TRACK 2

ОБУЧЕНИЕ С ЯСНОСТЬЮ

CARDIO PEAK TRAINING  
FOR NEXT LEVEL RESULTS.

LesMILLS  
RPM



TRACK 2 DRILL

### TRACK FOCUS

- To clearly teach the fast transitions by coaching PRP each time so riders can find the right level of intensity

Three busy blocks with lots of short races to get the body warmer and short climbs to shock the legs into training

		Music	Position	Resistance	Pace	PI
1	0:00	Intro / (Synth)	4x8 Seated Recovery	●	1/2	E
	0:16	V1 / _You don't	8x8 Ride Easy	B0	3/4	
	0:45	Rep / Youuuuuuu	4x8 Racing (Forward)	R0	1/1	M
	1:00	Ref /       need	4x8 Standing Climb	C0	1/2	
	1:15	Instr / (Upbeat)	8x8 Racing (Forward)	↘ to R0	1/1	H
	1:45	(Low)	4x8 Standing Climb	C0	1/2	M
2	1:59	V2 / _I don't	4x8 Transition to Ride Easy	↘	1/2-3/4	E
	2:14	_All I need is	4x8 Ride Easy	●	3/4	
	2:29	Rep / Youuuuuuu	4x8 Racing (Forward)	R0	1/1	H
	2:44	Ref /       need	4x8 Standing Climb	C0	1/2	M
	2:58	Instr / (Upbeat)	8x8 Racing (Forward)	↘ to R0	1/1	H
	3:28	(Low)	4x8 Standing Climb	C0	1/2	M
	3:43	Instr / (Upbeat)	8x8 Racing (Forward)	↘ to R0	1/1	H
3	4:12	Br /	1/4x8 Transition	●	1/1-3/4	E
	4:13	V3 / _I don't	36x8 Repeat BLOCK 2			

↘ to B0



# JOY RIDE

## TRACK 7

ПРИНЯТИЕ МУЗЫКАЛЬНОГО УМА

CARDIO PEAK TRAINING  
FOR NEXT LEVEL RESULTS.

LesMILLS  
RPM



TRACK 7 DRILL



# JOY RIDE

CARDIO PEAK TRAINING  
FOR NEXT LEVEL RESULTS.

LesMILLS  
RPM

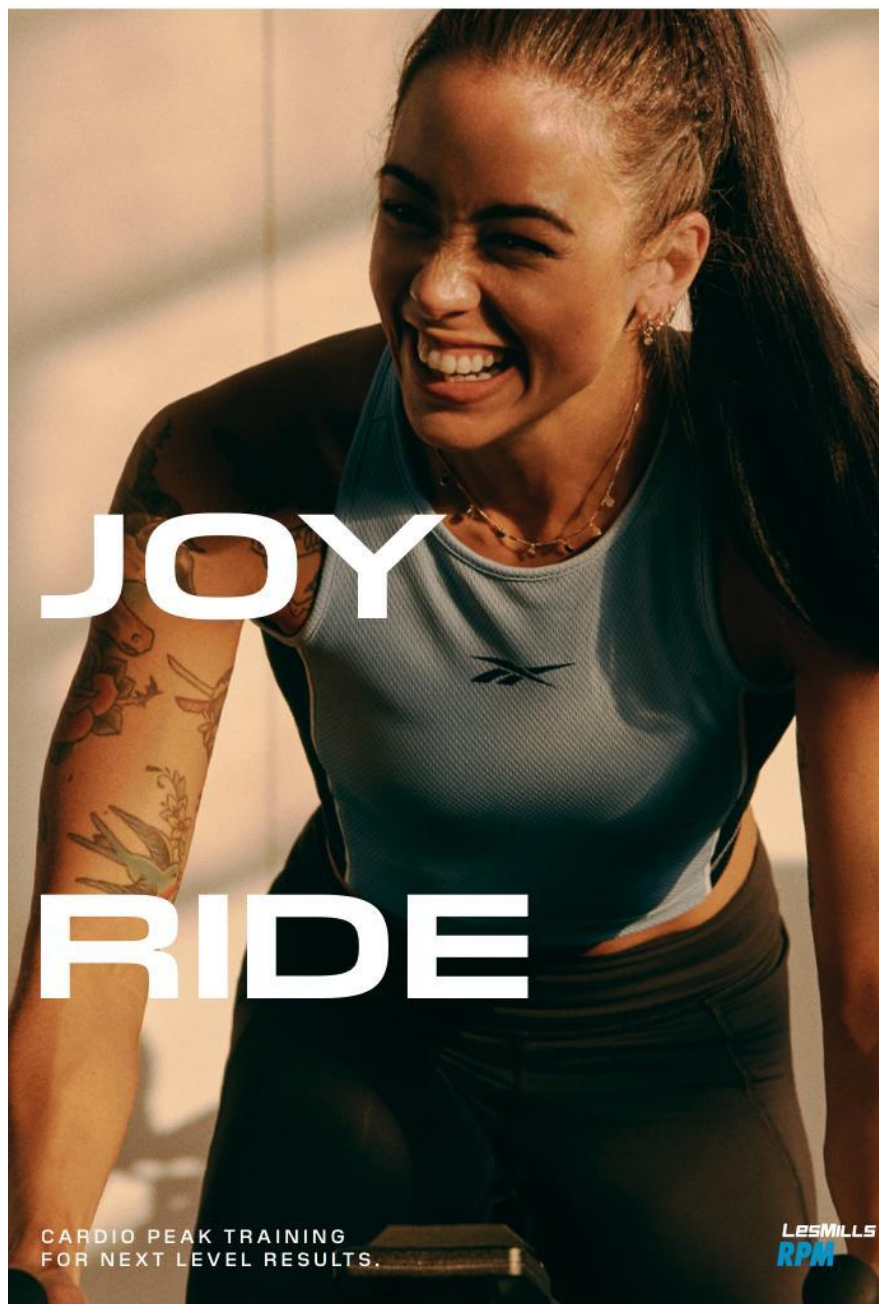
## РЕЗЮМЕ.....

Сегодня мы узнали об RPM 89 и о каждом треке.

Изучили трек 2 и важность предварительных команд для создания ясности

Адаптация музыкального мышления

Применили музыкальное мышление к Track 7



THANK YOU!

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НАДЕЮСЬ вы насладились сегодняшним вебинар!