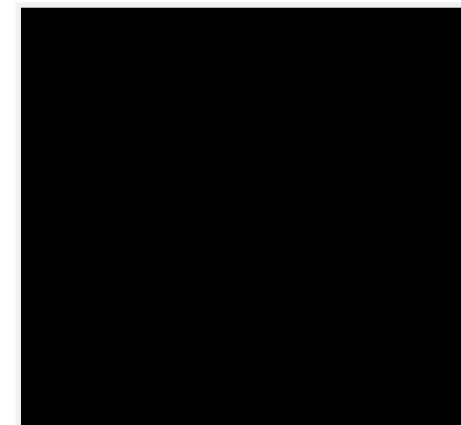
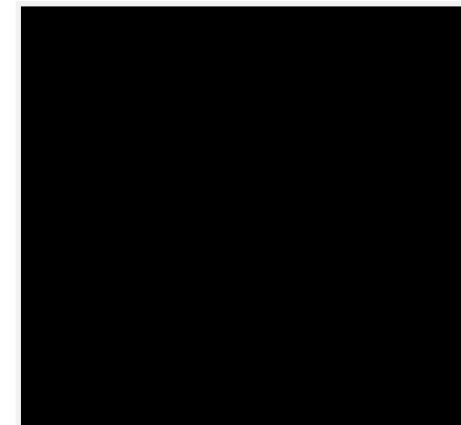




RPM 89

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)

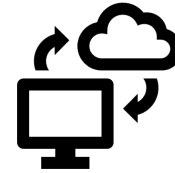


Let's do a
quick poll!

TECHNICAL ISSUES?



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

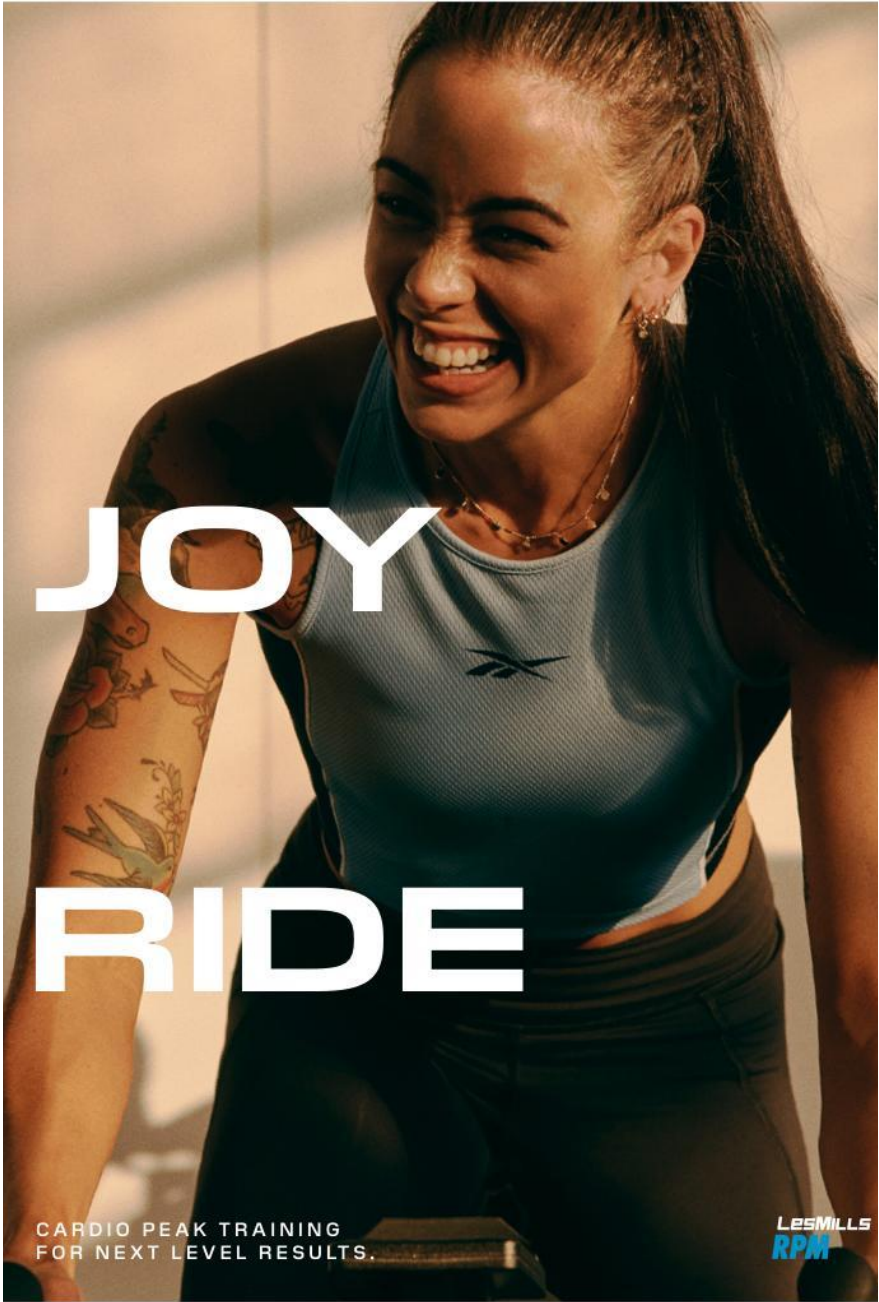


You will need a reliable
internet connection to
stream the content
smoothly!



ЗАДАЧИ

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



RPM 89



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	BⓄ	3/4	E
	0:45	Rep / Youuuuuuu	4x8 Racing (Forward)	RⓄ	1/1	M
	1:00	Ref / need	4x8 Standing Climb	CⓄ	1/2	M
	1:15	Instr / (Upbeat)	8x8 Racing (Forward)	↘ to RⓄ	1/1	H
	1:45	(Low)	4x8 Standing Climb	CⓄ	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	E
	2:29	Rep / Youuuuuuu	4x8 Racing (Forward)	RⓄ	1/1	H
	2:44	Ref / need	4x8 Standing Climb	CⓄ	1/2	M
	2:58	Instr / (Upbeat)	8x8 Racing (Forward)	↘ to RⓄ	1/1	H
	3:28	(Low)	4x8 Standing Climb	CⓄ	1/2	M
	3:43	Instr / (Upbeat)	8x8 Racing (Forward)	↘ to RⓄ	1/1	H
3	4:12	Br /	¼x8 Transition	●	1/1-3/4	E
	4:13	V3 / _I don't	36x8 Repeat BLOCK 2	↘ to BⓄ		



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

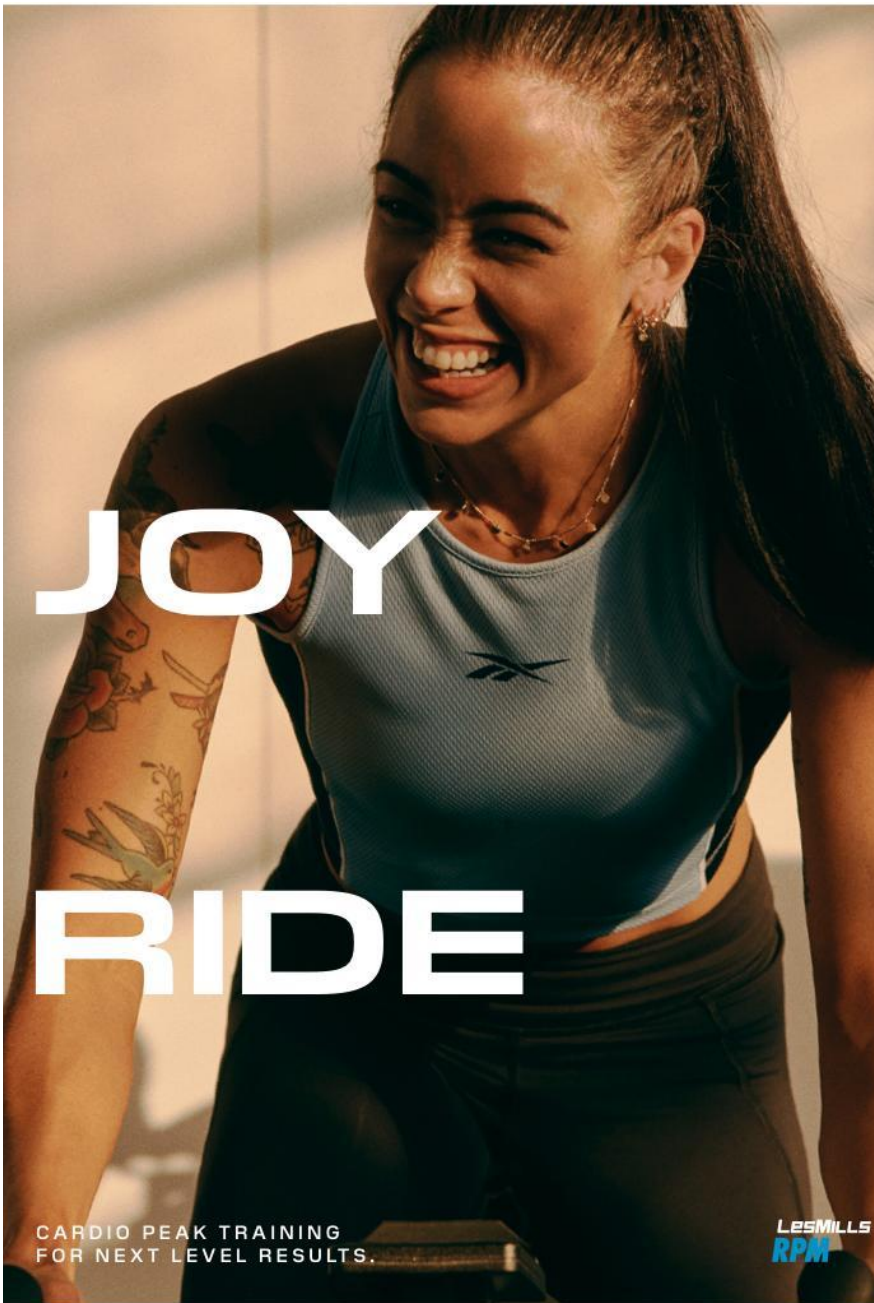
РЕЗЮМЕ.....

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!

НАДЕЮСЬ ВЫ НАСЛАДИЛИСЬ СЕГОДНЯШНИМ ВЕБИНАР!