

Resilience Ride: Strength, Courage & Tenacity

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Pedal into your strongest self.
Build the physical capacity to meet the climb, the courage to face the challenge, and the tenacity to keep moving when the work gets hard.

This motivating workshop blends heart-pounding climbs, empowering intensity intervals, and mental grit training. Instructors experience a ride that goes beyond fitness—then unpack the coaching choices that help participants discover deeper motivation and resilience that lasts long after the ride ends.

Workshop Outcomes

- **Develop endurance:** Use challenging climbs and structured intensity intervals to raise the standard for what feels possible—physically and mentally.
- **Inspire courage and grit:** Coach riders to move through barriers, choose purposeful effort, and recognize breakthroughs.
- **Sustain motivation:** Equip yourself and your participants with practical tools to reset, pursue goals, and cultivate consistent performance.

The Resilience Framework

Strength	Courage	Tenacity
Build capacity through controlled resistance, efficient form, and repeatable effort.	Choose to engage when discomfort, doubt, or uncertainty appears.	Stay connected to purpose, adapt when needed, and continue with intention.
Coach: “Own the resistance you can control.”	Coach: “You do not need certainty to take the next strong step.”	Coach: “Reset your form. Recommit to the next interval.”

Resilience Ride Blueprint

Block	Training Focus	Resilience Focus	Instructor Intention
1. Arrive & Align	Easy cadence; progressive warm-up	Presence	Establish posture, breath, and a personal intention.
2. Build Strength	Progressive seated-to-standing climb	Capacity	Layer resistance gradually; reward control rather than speed.
3. Practice Courage	Short, purposeful intensity intervals	Choice	Invite riders to meet a challenge that is demanding and sustainable.
4. Train Tenacity	Long climb with planned surges	Persistence	Break the effort into small wins; cue a reset after every surge.
5. Breakthrough	Final effort selected by the rider	Agency	Offer options and let each participant define a meaningful finish.
6. Recover & Reflect	Gradual recovery and mobility	Integration	Connect the lesson from the bike to life beyond the studio.

Ride by Colour

- Let intensity be steered not just by the outcome, but how it feels. Relate that feeling to what is being displayed.
- Work through zone 1-5, matching effort, intensity and metrics (i.e. power and heart rate)
- Zone 1 – Grey, Very Easy; Zone 2 – Blue, Easy, Zone 3 – Green, Moderate; Zone 4 – Orange, Hard; Zone 5 – Red, Very Hard.

Coach Resilience, Not Recklessness

- **Make challenge optional and specific.** Describe the training goal, then provide a clear range of intensity choices.
- **Anchor effort in form.** Encourage riders to reduce cadence or resistance whenever alignment, control, or breathing deteriorates.
- **Use autonomy-supportive language.** Replace “Don’t quit” with “Choose the strongest sustainable option available to you.”
- **Celebrate process.** Recognize preparation, adjustment, recovery, and recommitment—not only peak output.
- **Normalize the reset.** A reduction in intensity can be a skilled decision that protects the quality of the next effort.

Ready-to-Use Coaching Cues

Moment	Try This
Before a climb	“Name one quality you want to practise—not prove—during this hard effort.”
When intensity rises	“Steady your breath, organize your form, and choose your next level.”
When doubt appears	“Doubt can ride beside you; it does not get to steer.”
After a setback	“Reset is a skill. Make one adjustment and return with purpose.”
At the finish	“Notice what you stayed with. That is evidence you can carry forward.”

Putting It into Practice

1. **Experience the arc.** Ride one strength block, one courage interval, and one tenacity climb. After each, note the physical sensation, the internal dialogue, and the cues that helped most.
2. **Reframe the cue.** In pairs, convert a pressure-based cue into language that is specific, choice-based, and motivating.
3. **Design a breakthrough.** Create a final effort with at least two meaningful options so every rider can finish with agency and success.

Reflection & Action Plan

My strongest resilience cue is: _____

One barrier my riders commonly face—and how I will reframe it _____

One change I will make in my next class: _____

How I will know it made a difference: _____

*Resilience is not one heroic effort. It is the ability to choose, adjust, and recommit —
one pedal stroke at a time.*

Thank you!!