

RPM 74: 30 AND 60-MINUTE FORMATS

60 MINUTES

Track 1	Pack Ride
Track 2	Pace
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 6	Speed Work
Track 3	Hills
Track 6	Speed Work
Track 7	Mountain Climb
TOTAL TIME 56:52	

Please note: Due to track timings, we have omitted the Ride Home/Stretch track for this format. Please advise your class to do their own stretches to assist recovery

Please note: The 30 and 60-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

KEY

B up	build up
Br	bridge (non-chorus)
C	chorus
cts	musical counts
HR	heart rate
Instr	instrumental
Intro	introduction
mins	minutes
Outro	last few bars of music
PC	pre-chorus
QC	quiet chorus
Ref	refrain (recurring phrase or number of song lines)
Synth	synthesizer
Tempo	normal pace of the music
V	verse

PHYSICAL INTENSITY

PI	Physical Intensity
Green	for EASY
Yellow	for MODERATE
Orange	for HARD

30 MINUTES

Track 1	Pack Ride
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 8	Ride Home/Stretch
TOTAL TIME 27:14	

CREDITS

Program Director – Glen Ostergaard
 Head of Training, RPM – Sarah Ostergaard
 Choreography & Music – Glen Ostergaard
 Chief Creative Officer – Dr Jackie Mills
 Creative Director – Diana Archer Mills
 Technical Consultant – Bryce Hastings
 Program Coach – Chris Richardson
 Program Planner – Carrie Dean

PACE	
rpm	Revolutions per minute
1/4	Riding on the 1/4 beat
1/2	SLOW – riding on the half beat
3/4	MEDIUM – riding on the 3/4 beat
3/4+	BUILDING – riding just under the beat
1/1	ON THE BEAT
1/1+	Small acceleration past the beat
1/1++	Faster acceleration ahead of the beat

RESISTANCE

A	Attack Resistance
B	Base Resistance
C	Climbing Resistance
SC	Strong Climbing Resistance
R	Racing Resistance
R ➦	Add more than Racing Resistance
↘ R	Reduce to Racing Resistance
●	Maintain resistance
➦	Increase resistance
↘	Decrease resistance

CONTENTS

BORN TO MOVE: New Research

RPM VS. SPRINT

RPM Science Update

RPM Position Glossary

TRACK NAME	SONG TITLE	ARTIST	
1	PACK RIDE	Let Me Love You Courtesy of the Universal Music Group. Written by: Wotman, Bell, Grigahcine, Lee, Tamposi, Bieber	DJ Snake feat. Justin Bieber 3:28
		Let Me Love You Courtesy of the Universal Music Group. Written by: Wotman, Bell, Grigahcine, Lee, Tamposi, Bieber	DJ Snake feat. Justin Bieber 1:58
2	PACE	Zillionaire © 2016 Atlantic Recording Corporation. Produced Under License From Atlantic Recording Corp. Written by: Dillard, Carlsson, Kronlund, Golan, Borrero, Isaac	Flo Rida 3:44
		Zillionaire © 2016 Atlantic Recording Corporation. Produced Under License From Atlantic Recording Corp. Written by: Dillard, Carlsson, Kronlund, Golan, Borrero, Isaac	Flo Rida 2:35
3	HILLS	Hype Courtesy of the Universal Music Group. Written by: Wiles, Mills	Dizzee Rascal & Calvin Harris 3:20
		Hype Courtesy of the Universal Music Group. Written by: Wiles, Mills	Dizzee Rascal & Calvin Harris 3:20
4	MIXED TERRAIN	Howl © 2017 Les Mills Music Licensing Ltd. Written by: Neil, McDavid, Lightbody	Willow Tree 5:40
5	INTERVALS	Stars (Radio Edit) © 2016 A.R.T Inc. Written by: Apera, Robinson, Trevethick	Shapeshifter 5:36
6	SPEED WORK	Edge Of Life (Extended) © 2016 Wake Your Mind Records. Written by: Unknown	Cosmic Gate & Eric Lumière 6:56
7	MOUNTAIN CLIMB	The Journey Courtesy of the Universal Music Group. Written by: Montalvo	Seven Lions 4:35
		The Journey Courtesy of the Universal Music Group. Written by: Montalvo	Seven Lions 2:04
8	RIDE HOME/STRETCH	Generationwhy © 2015 Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Zhu	ZHU 3:52
9	OUTRO	Fresh Eyes © 2016 Liberator Music. Written by: Golan, Kirkpatrick, Grammer	Andy Grammer 3:18

The Fine Print

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

RPM 74

© Les Mills International Ltd 2017

1 PACK RIDE 1/1=100rpm

Let Me Love You > 5:26 mins

1

TRACK FOCUS

- Coach this track by riding on the beat for most of it, with short moments of faster cadences to lift the heart rate.
- The feel of this cruisy track, using a relaxed, conversational voice.

PROFILE

3x blocks with gentle accelerations faster than the music.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:05 Intro	2x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B	E
	0:14 V1 Believe we were	4x8 Ride Easy	1/1	•	
	0:33 Go through the	4x8 Ride Easy	1/1	↗	
	0:52 PC Up now now	4x8 Ride Easy	1/1+	↗	
	1:12 Instr (Melody)	4x8 Racing	1/1++	R	
2	1:31 V2 Asleep at the	4x8 Ride Easy	1/1	↘	E
	1:50 Go through the	4x8 Ride Easy	1/1	↗	
	2:09 PC Up now now	4x8 Ride Easy	1/1+	↗	
	2:28 Instr (Melody)	4x8 Racing	1/1++	R	
	2:48 (Low)	4x8 Ride Easy	1/1++	•	
	3:07 Ref Up now now	4x8 Seated Recovery Shake arms, Shoulder Roll	1/2	↘	
3	3:25 Br	½x8 Transition	1/1	•	E
	3:28 V3 Asleep at the	20x8 Repeat BLOCK 2			
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Coach PRP: Position, Resistance and Pace, where we build towards Racing Resistance through several speed changes.

- Ride Easy – hands shoulder-width apart, elbows in, chest up, butt back in the saddle
- Racing – hands into the dips, shoulders down, soften through your elbows, light brace through your abs
- Base Resistance – light tension in the muscles
- Roll up onto the beat of the music. We're on the tempo
- We are going to ride a little quicker than the music with Racing Resistance

2 LAYER 2

Position/Resistance/Pace

Build on your coaching of the first block using Layer 2 cues to enhance the feel.

- Light reduction towards Base Resistance, which is light muscle tension, with one or two gears to take us up to that Racing Resistance
- Make sure your arms are relaxed, elbows are soft and chest is up. We want to feel like we are floating on the bike
- Starting to generate some heat and energy in the muscles
- Hold the tempo to keep the energy in the legs

3 LAYER 3

Motivate/Connect

Final block; use this one to set the scene for the workout ahead. Be positive, upbeat and encouraging.

- Third time through. Saving energy but getting the muscles nice and warm, allowing the heart rate to lift
- Build your pace, increasing the energy in your legs
- You guys look great, preparing for the workout

CONNECTION

Lots of connection in this track; it's the scene setter where we make our class feel good about being there. Intensity is low so use this opportunity to observe your riders' technique, providing guidance when necessary.

2 PACE 1/1=129rpm

Zillionaire > 6:19 mins

2

TRACK FOCUS

- Clearly coach how Resistance should feel to create smooth transitions between Climb and Pace phases.
- Coach how to ride faster leading into the 4x8 Aero-Racing surges to spike the heart rate and increase intensity in this track.

PROFILE

5x we ride smooth and fast in this Pace track, accelerating our fitness with downhill and uphill surges.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro	2x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B	E
	0:09 V1 Hiding	8x8 Ride Easy	3/4		M
	0:38 C On you baby	8x8 Racing (Forward)	1/1	R	H
2	1:09 V2 _ I'm gonna	8½x8 Ride Easy	3/4		E
	1:40 C On you baby	8x8 Racing (Forward)	1/1	R	H
	2:10 Instr (Trumpet)	4x8 Aero-Racing (Forward)	1/1+	•	
3	2:24 Rap Abracadabra	2x8 Ride Easy	1/2	C	E
	2:32 _ You got a passion	3x8 Standing Climb	1/2	•	M
	2:44 QC On you baby	4x8 Standing Attack	3/4	•	
	2:59 C Spend it all on shoes	8x8 Racing (Forward)	1/1	to R	H
	3:28 Instr (Trumpet)	4x8 Aero-Racing (Forward)	1/1+	•	
4	3:44 V3 _ I'm gonna	201x8 Repeat BLOCK 2			
5	5:00 Rap Abracadabra	21x8 Repeat BLOCK 3			
				to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Clearly establish Racing Resistance. Use Layer 1 cues to get your riders moving fast with great technique.

- Racing Resistance – find a drag on your pedal that you can move fast on!
- Racing – chest up, upper body relaxed, hips forward, shoulders down

2 LAYER 2

Position/Resistance/Pace

First-time riders experience the downhill surge Aero-Racing at 1/1+. Set this up in the 8x8 of Ride Easy and again in the last 4x8 of Racing. To get the most out of your riders, make sure they have the correct Racing Resistance by reminding them how it should feel. Use Layer 2 cues to improve execution to help your riders move fast!

- Felt good, right? 4 more – now they come at you harder and faster!
- 30-second flat road with a 15-second downhill surge where we're going to move faster!
- Racing Resistance – find that drag in your pedal that you can move quick on!
- Think tight circles so you move really quickly
- Road is about to drop off – 15 seconds – we're going to move faster!
- Aero-Racing – drop your body a little lower

3 LAYERS 1 & 2

Position/Resistance/Physical Intensity

There is a quick transition into Standing Climb; you only have 2x8 to set up Climbing Resistance. It's important to coach this clearly so that your riders have enough gear on their bike for the first climb and uphill surge of the track. This block is intense! The uphill surge levels out to a fast flat and into another downhill surge. Make sure your riders know where they are going by pre-cueing early on.

- Climbing Resistance – find a heavy gear under your feet to stand on
- Standing Climb – chest up, butt back
- Up ahead an uphill surge. Shift your hips forward, a little faster!
- Another flat road with a 15-second downhill surge at the end!
- Reduce to Racing Resistance
- Remember, tight circles for fast legs
- Come on now! Fast down the hill with control

4 LAYER 2

Position/Physical Intensity

The last 2 blocks are identical to Blocks 2 and 3 so coach the recovery and set up the last bit of work ahead. Remind your class the work comes from those downhill surges and then use Layer 2 cues to Improve Execution or Manipulate Intensity, depending on what your class needs. Be big in your vocals to help encourage your riders!

- 3 down, 2 to go
- I want you to focus on those fast downhill surges, because that's where the work is!
- 30-second fast flat road, 15-second downhill
- You should be breathing heavily now! I know I am!
- Are you moving quickly? Can you move any quicker?

5 LAYER 3

Inspire/Motivate

Be encouraging and uplifting in your voice and cues to motivate your riders to finish the last uphill and downhill surge with good intensity. Remember to pre-cue early in the quick transitions in and out of the saddle!

- Climbing Resistance – heavy gear again to push you out of the saddle
- Are you ready? Last Pace phase ahead!
- Now we're moving quickly!
- 30 seconds. You can do this. You're already there!
- 15 seconds – what have you got?
- Felt good before, feels even better now!

PERFORMANCE

Have fun with the cool, upbeat feel by being big and upbeat in your vocals and body language. If you set up the first 3 blocks well you shouldn't have to cue too heavily in Blocks 4 and 5. This is where you can let the song 'POP' and really have fun with the lyrics and music.

COACHING TIP

This is a busy track! Make sure you pre-cue early and let your riders know exactly what is coming and where the work is. Be clear about how Racing Resistance and Climbing Resistance should feel, to allow for smooth transitions between climbs and pace.

3 HILLS 1/1=64rpm

Hype > 6:40 mins

3

TRACK FOCUS

- Manipulate intensity by coaching Climbing Resistance at the start of each block and checking back in at the end of each round.
- Pre-cue the 15-second surge to the top of each climb.

PROFILE

4x 1-minute climbs with a cardio peak at the end of each one.

BLOCK		MUSIC		POSITION	PAGE	RESISTANCE	PI
1	0:00	Intro (Heavy synth)	4½x8	Seated Recovery Shake arms, Shoulder Roll	1/2	B↻	E
	0:16	V1 Crossbar	4x8	Ride Easy	1/1	↗	
	0:31	Hype	4x8	Ride Easy	1/1	C↻	
	0:46	Instr (Synth)	4x8	Standing Climb	1/1	↗	M
	1:02	Hype	4x8	Ride Easy	1/1	•	
	1:16	Instr (Synth)	4x8	Standing Climb	1/1	↗	H
	1:32	(Down synth)	4x8	Standing Attack	1/1+	•	
2	1:47	V2 _ I'm so legit	4x8	Ride Easy	1/1	↘	E
	2:02	Hype, every	4x8	Ride Easy	1/1	↗	
	2:16	Instr (Synth)	4x8	Standing Climb	1/1	C↻	M
	2:32	Hype, every	4x8	Power Climb	1/1	•	
	2:47	Instr (Synth)	4x8	Standing Climb	1/1	↗	H
	3:01	(Down synth)	4x8	Standing Attack	1/1+	•	
3	3:17	Br	½x8	Transition	1/1	↘	E
	3:19	Instr (Heavy synth)	28½x8	Repeat BLOCK 1			
4	5:06	V3 _ I'm so legit	24x8	Repeat BLOCK 2			
					↘ to B↻		

BLOCK OBJECTIVES

1 LAYER 1

Resistance/Pace

Set up Climbing Resistance and pace before you stand using Layer 1 cues. Then coach position to find good climbing technique.

- Gear up to find the climbing tempo – 1, 2, 1, 2
- Climbs are short – only 1 minute – so before we stand we need to find a strong Climbing Resistance
- Turn up until the legs feel trapped by the beat. Same tempo, but labored
- Standing Climb – chest up, butt back, side to side
- 30 seconds left – first 15, climb on the beat; second 15, surging up the hill faster
- Standing Attack – hips forward

2 LAYERS 1 & 2

Position/Resistance

Check in with resistance at the end of the first block, making sure they are riding at the correct intensity. Use Layer 2 cues to improve technique, then in Power Climb use Layer 1 cues to make sure they are riding well.

- If that wasn't challenging to ride faster you need more gear!
- Feel the abs fire up to help keep the chest lifted
- Power Climb – hands wide, hips back, brace the abs to push the legs away
- 2nd 30-second challenge. Just like Round 1, 15-seconds Standing Climb, 15-seconds Standing Attack where we shift the hips forward to use the front of the thigh – that's where the power is to help us go faster

3 LAYER 2

Resistance/Position/Physical Intensity

Build on the Layer 2 cues from the last block, even more important now as your class will be starting to fatigue. Help them get through by improving their technique.

- If you've got enough resistance, your heels should naturally drop as you push down and you have to lift the knees to keep the pedals moving – push down and pull up
- It's heavy now – lift up on the handlebars to help push the feet down
- Just like Round 1 and 2, 15 seconds on the beat. 15 seconds where we shift the hips forward, using the fast and powerful quads
- Keep lifting the handlebars and pumping the knees to accelerate up the hill

4 LAYER 3

Motivate/Inspire

Final block, a repeat of Block 2. Motivate your class to push through fatigue to finish riding with good intensity. Motivate with all the benefits they'll get out of working hard.

- This one will up your fitness, on the outside and the way you feel on the inside
- Last 60 seconds! You can do this, in fact you've already done it!
- Big cardio peak coming

CONNECTION

Use the cool lyrics to encourage riders to work harder each round and let them know that they can do it! Lyrics like – "You can do this", "You're a star, you should get your own trailer", "This is legit. There is no stopping us; we did not quit", "Ready for action, we're gonna get physically fit".

PERFORMANCE

Show your love for RPM by riding hard and moving to the music. Use the lyrics or make up your own to get the class hyped!

4 MIXED TERRAIN 1/1=141rpm

Howl > 5:40 mins

4

TRACK FOCUS

- Clearly coach Attack Resistance before the Standing Attacks.
- Allow space for the music by layering your cues early on.

PROFILE

3x rounds of Mixed Terrain with 4x short explosive Attacks in Blocks 2 and 3.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 V1 Hard to let	4x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B	E
	0:14 Time to	8x8 Ride Easy	3/4	•	
	0:41 PC Never gonna	4x8 Ride Easy	3/4+	R	H
	0:55 C Hard to let	7x8 Racing (Forward)	1/1	•	
2	1:19 V2 No return	8x8 Ride Easy	3/4	↘	E
	1:47 PC Never gonna	4x8 Ride Easy	3/4+	R	
	2:00 C Hard to let	7x8 Racing (Forward)	1/1	•	H
	2:24 Learn	4x8 Ride Easy	3/4	•	E
	2:37 Woah	7x8 Racing (Forward)	1/1	•	H
	3:01 C Hard to let	1x8 Standing Attack	3/4	A	
	3:03 Never learn	1x8 Racing	3/4	•	
	3:07 Explosive	1x8 Standing Attack	3/4	•	
	3:11 On the turn	1x8 Racing	3/4	•	
	3:14 Howl like a	1x8 Standing Attack	3/4	•	
	3:18 Animal	1x8 Racing	3/4	•	
	3:21 Hard to	1x8 Standing Attack	3/4	•	
	3:24 Learn	1x8 Standing Recovery	1/2	•	
	3:28 V3 No return	38x8 Repeat BLOCK 2			
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Coach PRP as you work through the choreography. Clearly coach the Pace and Resistance changes.

- Base Resistance and a medium pace to recover
- Find Racing Resistance and start to build your pace
- Feel that light drag and connection to the work
- Racing – **hips forward on the saddle, toes down, relax the body**

2 LAYERS 1 & 2

Position/Resistance/Pace

45 seconds before we're back into the work. Use this time to profile what's ahead. In the last 4x8 before Racing, front-load your coaching so when the chorus hits, you can create space and you're not fighting against the vocals. In the short Ride Easy phase, highlight the importance of finding Attack Resistance and what it should feel like.

- We call this track Mixed Terrain – we have a flat race, short recovery, a flat race and then 4x explosive Attacks
- Find your Racing gear – let's build our speed
- When the music lifts again, we shift the hips forward, reach to Racing and we ride FAST!
- Racing – **hips are forward, those hips are still, toes down**
- Recover, hold the gear, medium pace; remember, short race with 4x Attacks
- 4x Attacks coming, need to find Attack Resistance, create drag and slow the legs
- Standing Attack – **hips forward, chest up**
- Racing – if the legs slow, it's OK!

3 LAYER 3

Motivate/Inspire

Last block, where we repeat Block 2. Let your class know we're about to do it again, one last time. Then remind them of the profile and resistance needed to find intensity one last time. Use lots of Layer 3 cues to Motivate and Inspire your class to the end; keep it inclusive and positive.

- Didn't that feel great? Do you want to do that again?
- Let's recover first
- Look at your feet – have you got small quick circles? Are they going quickly?
- I got the jump on you on the last one, who's going to take me on during this one?
- Remember the importance of the gear before the Attack; find Attack Resistance

TECHNIQUE TIP

Emphasize that the gear before the Standing Attacks is enough to create drag on the wheel and slow the legs down. Refer to it as Attack Resistance. You need it to be a controlled ¾ pace; it should be a challenge to slow down in Racing.

5 INTERVALS 1/1=89rpm

SMARTSTART

Stars > 5:36 mins

5

TRACK FOCUS

- Match your energy to the feel of this upbeat, fun track.

PROFILE

3x intervals: Block 1 – a shorter 40 seconds; Blocks 2 and 3 are 60 seconds long

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro (Synth)	8x8 Ride Easy	1/1	B	E
	0:22 V1 _ We were like	8x8 Ride Easy	1/1	↗	
	0:44 PC _ I wouldn't	8x8 Ride Easy	1/1	↗	
	1:05 C First time it	4x8 Standing Attack	1/1	A	M
	1:16 I think certainly	4x8 Racing	1/1	•	
	1:27 We're moving up	4x8 Standing Attack	1/1	↗	H
	1:38 Take it	4x8 Racing	1/1	•	
2	1:48 V2 _ We were like	8x8 Ride Easy or Seated Recovery Shake arms, Shoulder Roll	1/2	↘	E
	2:10 PC _ Hope we stand	8x8 Ride Easy	1/1	↗	
	2:32 C First time it	4x8 Standing Attack	1/1	A	M
	2:42 I think certainly	4x8 Racing	1/1	•	
	2:53 We're moving up	4x8 Standing Attack	1/1	•	H
	3:03 Take it	4x8 Racing	1/1	•	
	3:15 Instr (Guitar)	8x8 Racing	1/1 or 1/1+	• or ↘	
3	3:36 Instr _ We were like	40x8 Repeat BLOCK 2			
	5:24 Outro Rest of the	3x8 Ride Easy	1/2	↘	E
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Coach to the basics of PRP to get your class moving with good technique and finding intensity early on. Use Layer 1 cues, keeping them short and to the point.

- Find the tempo, the rhythm
- Heading towards our Attack Resistance a demanding resistance with room to move
- Standing Attack – **chest up, belly braced**
- Racing – **butt back and brace the belly**, body still, grip the handlebars

2 LAYER 2

Position/Pace

In this block your goal is to coach your class to ride with better technique and to increase their intensity using Layer 2 cues.

- Ride Easy – rolling. Option to sit up and recover that way
- Block 2, a little more 'sticky'
- Attack Resistance – a demanding and challenging resistance with room to move
- Standing Attack – hips forward works the quads, lift the knees up to the handlebars
- Racing – Push and Pull, drive the legs
- Option to stay on pace or light reduction and take a faster tempo. Either way, we're working hard!

3 LAYER 3

Motivate/Inspire

Final block, where motivation should be at an all-time high. Keeping it upbeat yet driving will inspire your class to work hard to the end.

- Let's do the last one together. Let's give it 100%!
- This is the calorie burner – this creates the metabolic stress. This makes you look good on the beach in the summertime!
- Take the option now – to stay on the pace or back off a little and accelerate!

PERFORMANCE

This track is hard but should not be delivered too aggressively. Keep it light, upbeat and fun. Match the feel of the song.

6 SPEED WORK $1/1=132\text{rpm}$

Edge Of Life > 6:56 mins

6

TRACK FOCUS

- Clearly coach the paces/positions within the choreography so riders don't go full pace too soon.
- Highlight the music by pre-cueing the choreography allowing silence to happen during the Racing and Aero-Racing phases.

PROFILE

2x speed efforts where we build speed before we fly for the last 30 seconds.

BLOCK	MUSIC		POSITION	PACE	RESISTANCE	PI
1	0:00 Intro (Cymbals)	8x8	Ride Easy	3/4	B	
	0:29 Instr (Bass beat)	8x8	Racing	3/4+		
2	0:58 V1 _ Fly with me	8x8	Ride Easy	3/4		E
	1:26 Edddge	4x8	Ride Easy	1/2		
	1:41 _ If we leave	8½x8	Standing Climb	1/4		
	2:12 Instr (Synth)	8x8	Ride Easy	1/2	•	
	2:41 (B up)	8x8	Ride Easy	3/4		H
	3:11 (Heavy synth)	8x8	Racing	3/4+	to R	
	3:40 Life	8x8	Aero-Racing (Forward)	1/1	•	
3	4:09 (Low)	5x8	Transition	1/1-3/4		M
	4:27 V2 _ Look at me	8x8	Ride Easy	3/4	•	E
	4:56 Edddge	4x8	Seated Recovery Shake Arms, Shoulder Roll	1/4	•	
	5:11 Life	8x8	Ride Easy	1/2		M
	5:40 (B up)	4x8	Ride Easy	3/4		
	5:55 (Heavy synth)	8x8	Racing	3/4+	to R	
	6:23 (Synth)	8x8	Aero-Racing (Forward)	1/1	•	
					to B	

BLOCK OBJECTIVES

1 LAYER 1

Physical Intensity

1-minute to achieve recovery with an active flush using light resistance and easy pace.

- 30 seconds to flush. At least Base Resistance on the dial
- When the music drops, small increase in resistance, reach to Racing, building pace
- We push out the fatigue and replace with fresh legs

2 LAYER 1

Position/Resistance/Pace

Coach PRP as you move through the choreography changes. After the climb, you have 90 seconds to build towards riding on the beat. Be clear coaching the paces as you'll find the music lifts but the pace continues to build. Front-load all your cues so when the final 30 seconds hits you can allow the music to breathe and be the driving force.

- Coming up, a slow climb. Dial up to inflate the muscles and slow the legs down
- When we sit, we are going to hold the resistance
- Ride Easy – find the pace, 1, 2, 1, 2, chest up, butt back
- Your legs are feeling grounded but just like a bird flying into the wind before it takes off, we've gotta move through the drag before we take flight
- Start to let it go a little, a gentle acceleration to medium pace
- When the music changes, back down to Racing Resistance, reach to Racing and hover just under the beat
- Racing – relax the arms, shoulders down
- As we are about to take off, think about shifting the hips forward and tipping the toes over the pedal
- 30 seconds on the beat
- Aero-Racing – drop your body a little lower

3 LAYERS 2 & 3

Pace/Inspire/Motivate

Final block; coach your class through the changes using PRP. Again, front-load your coaching so the music can shine. Teach your class how they can ride better and smarter. Then motivate them to the finish.

- We're going to do that again, one more Block
- Start to create that wind tunnel around your legs, like a big head wind, by adding resistance
- Find Racing Resistance, reach to Racing and build your speed
- This time we see how smooth we can glide, with a light engagement through the belly and relax the upper body
- Time to soar, the sky is the limit, you can make it!

CONNECTION

This is a beautiful piece of music. Front load your coaching so when the music changes, you won't need to say anything for at least 15 seconds. It'll leave you and your class with goosebumps allowing the music to come through more.

PERFORMANCE

After several high-energy, uplifting songs, match the feel of this music by dropping your vocals, speaking slower, and saying less. There are several lyrics to help create imagery throughout the track.

- Fly with me – "just as a bird moves into the wind prior to flight, we move through the drag before we can fly"
- Let it go – "When we sit, we hold resistance, but don't let that worry you. We'll let it go when the time is right"

7 MOUNTAIN CLIMB 1/1 = 85rpm

The Journey > 6:39 mins

7

TRACK FOCUS

- Coach the different paces and resistances with clarity throughout the track.
- Match the feel of the song by changing your vocals to match the music's energy.

PROFILE

4x blocks using a strong Climbing Resistance in the slow and heavy climbs and a demanding Attack Resistance in the fast climbs.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro (Eerie)	4x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B	E
	0:11 Instr (Synth)	4x8 Ride Easy	1/1	A	
	0:22 (B up)	4x8 Ride Easy	1/1	↗	
	0:34 (Windup)	2x8 Ride Easy	1/2	SC	M
	0:39 (Heavy)	8x8 Standing Climb	1/2	•	H
2	1:02 (Low melody)	8x8 Ride Easy	1/1	↘	E
	1:24 (Guitar)	8x8 Ride Easy (Gear every 2x8 = 4x gears to get SC)	1/2	SC	M
	1:46 Br	½x8 Ride Easy	1/2	↗	
	1:48 (Heavy)	8x8 Standing Climb	1/2	•	
					H
3	2:10 (Low)	4x8 Ride Easy	1/2	↘	E
	2:22 (Synth)	4x8 Ride Easy	1/1	•	
	2:33 (Synth rhythm)	8x8 Standing Climb	1/1	A	H
	2:56 (Melody)	8x8 Standing Climb	1/1	Opt ↗	
	3:19 (Low)	4x8 Standing Recovery	1/2	•	E
	3:30 (Synth melody)	4x8 Ride Easy	1/2	•	M
	3:41 (Windup)	2x8 Ride Easy	1/2	SC	
	3:47 (Heavy)	8x8 Standing Climb	1/2	•	
4	4:09 (Low guitar)	8x8 Ride Easy	1/2 or 1/1	↘	E
	4:32 Br	1x8 Ride Easy	1/1	A	M
	4:35 (Synth rhythm)	8x8 Standing Climb	1/1	•	H
	4:57 (Melody)	8x8 Standing Climb	1/1	Opt ↗	
	5:20 (Low)	4x8 Standing Recovery	1/2	•	E
	5:31 (Synth melody)	4x8 Ride Easy	1/2	•	M
	5:42 (Windup)	2x8 Ride Easy	1/2	SC	
	5:48 (Heavy)	8x8 Standing Climb	1/2	•	
	6:11 (Melody)	8x8 Racing (Forward)	1/1++	↘ to R	H
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Resistance/Pace

Coach your class to find the slow pace and the strong Climbing Resistance. Use Layer 1 cues to get them there.

- *Let's build our fitness with two gears – a strong Climbing Resistance and a demanding Attack Resistance*
- *Let's hook into the faster climbing rhythm, find some drag – Attack Resistance*
- *Double that gear to find a strong Climbing Resistance*
- *Slow the legs, slow them right down*
- *Standing Climb – chest up, butt back, pull up on the handlebars, drive down through the feet*

2 LAYER 2

Pace/Resistance

Hook into the faster pace to recover. Then it's 8x8 to find the Strong Climbing Resistance at the slow pace. Add a gear on the change every 2x8, highlighting the music.

- *When the strong climb comes back, switch to your demanding voice. Teach your class how to work harder using Layer 2 cues*
- *Coming up 5 gears to find that strong Climbing Resistance*
- *Slow down, 1, 2 – harder to push, 3 – heavy to push, 4 – more muscles, last gear 5 – STAND*
- *Super strong, like we're fighting with the bike*
- *Pull up, drive down*

3 LAYER 2

Pace/Resistance

Recover, then find that fast climbing pace and demanding Attack Resistance straight away. A 40-second fast climb that will challenge us all. Use Layer 2 cues to ensure your class is riding with better technique. Challenge them to add more resistance at the 20-second point. Short recovery, then it's back to the slow climb using Strong Climbing resistance. Switch your vocals to that demanding voice to match the feel of the music.

- *We're going to turn it up a few notches – it's going to get harder*
- *Find that faster climbing pace – find your demanding Attack Resistance*
- *We're going to stand and ride!*
- *From fighting with the bike to fighting the pace*
- *We are light on the handlebars, lifted on the bike, lifted on the pedals*
- *I'm adding more – who's coming with me?*
- *10 seconds – stay in the work!*
- *Hold the gear, sit, slow*
- *We are going to double the resistance to find that strong climbing gear*
- *We're back to the fight, the fight with the bike. You've almost gotta get off and push it, but not quite*

4 LAYER 3

Motivate/Inspire

This block is a repeat of the previous one. All the technical coaching has been done; now your job is to get your class across the line by motivating them to get there. Use lots of positive and inclusive encouragement.

- *Recovery, to re-energize the body*
- *2 more rounds – are you with me?*
- *Find that demanding Attack Resistance and that fast pace*
- *No chain, not today – we're feeling good!*
- *What do you say? More gear?*
- *Walk it out to recover, one more battle to fight*
- *Hold the gear, sit, slow down*
- *This is it – we give everything, the only thing we leave is the sweat on the floor!*
- *Fight – you've got this!*
- *At the top, a downhill surge, back off to Racing Resistance as fast as you can, giving everything to the end!*

PERFORMANCE

Match the music by changing your vocals to create contrast. Be demanding and direct in the strong, slow climbs and more upbeat and energized in the fast climbs. In the recoveries, find your conversational voice to drop the class right out of the work.

8 RIDE HOME/STRETCH 1/1=108rpm

Generationwhy > 3:52 mins

8

TRACK FOCUS

- Lead your class through this flushing-out track to help recover.

PROFILE

Short flush of the legs with a light resistance and a short sequence of stretches for the legs.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro (Low vocals)	4½x8 Seated Recovery Shake arms, Shoulder Roll	1/2	B	E
	0:19 Instr (Synth)	4x8 Ride Easy	3/4	•	
	0:37 V1 _ Something	6x8 Ride Easy	3/4	↗	
	1:03 PC _ I'm awake	4x8 Ride Easy	3/4	•	
	1:22 C _ Hey hey hey	8x8 Racing	1/1	↗	
2	1:57 Ref _ We feel the	4x8 Transition off bike, shake legs			
	2:15 PC _ I'm awake	4x8 Standing Quadricep Stretch R			
	2:35 C _ Hey hey hey	4x8 Standing Quadricep Stretch L			
	2:50 Rep _ All the kids	4x8 Standing Gluteal Stretch L			
	3:08 Instr (Guitar)	4x8 Standing Gluteal Stretch R			
	3:26 (Synth)	4x8 Standing Hamstring Stretch L R			
	3:43 Outro	1x8 Bike-supported Lower Back Stretch			

BLOCK OBJECTIVES

1

Coach your class through the choreography to flush out the legs and bring the heart rate down.

- *At least Base Resistance and medium pace*
- *This is a well-earned track – a lot of hard work has gone into today's ride*
- *A flushing-out track is all about allowing the heart rate to drop and flushing out our legs*

2

Lead your class through the stretches, taking time to acknowledge where it should be felt and why it is important to stretch.

- *Quadriceps Atretch – knee in, heel to butt. Let that foot drop into your hand – you want to stretch out through that front thigh*
- *Really important that we stretch out our cycling muscles after our workouts*