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01. PACK RIDE

MUSIC Anywhere 4:41 mins

1/1 = 117rpm

TRACK FOCUS

- Coach your class to warm up, connecting them to the rhythm and resistance.
- Teach to the feel of this cruisy track, using a relaxed and conversational voice.

PROFILE

3x blocks: block 1 is short, blocks 2 and 3 are longer to feel the rhythm changes and resistance in the legs

BLOCK 1

0:05 Intro / _ Oh oh 4x8cts / Seated Recovery			
Shake arms, Shoulder Roll	•	1/2	E
0:22 / V1 / _ You're like a 4x8 / Ride Easy	B ①	1/2	E
0:39 / They don't 4x8 / Ride Easy	↗	3/4	E
0:55 / C / You anywhere 4x8 / Ride Easy	↗	1/1	E

BLOCK 2

1:11 / Br / (Low) 1x8 / Ride Easy	•	3/4	E
1:15 / V2 / _ You take me 8x8 / Ride Easy	↗	3/4	E
1:48 / QC / You anywhere 4x8 / Ride Easy	•	3/4+	E
2:04 / C / You anywhere 4x8 / Racing	R ①	1/1+	E
2:21 / Instr / (Synth) 8x8 / Racing	•	1/1	E

BLOCK 3

2:53 / Br 1x8 / Transition	↘	1/1–3/4	E
2:58 / Br 25x8 / Repeat BLOCK 2			
↘ to B ①			

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Coach the basics using PRP: Position, Resistance and Pace. This will set your riders up for success early on with good technique.

- **Ride Easy – hands shoulder-width apart, elbows in, chest up, hips back**
- Rhythm shift, medium pace
- We're going to take a little gear change, roll out for 15 seconds onto the beat

2 LAYER 2

Position/Resistance/Pace

Enhance your coaching now using Layer 2 cues for PRP. Coach your class how they can improve their technique and start to work a bit harder.

- Start to feel a little more connection to the rhythm and the resistance
- We are going to find Racing Resistance this time, firm tension in the legs with a little bit of give
- Resistance and leg speed to lift the heart rate. Time to get warm now!
- Racing – **butt back in the saddle, relax the arms, little brace through the belly**

3 LAYER 3

Motivate/Connect

Create energy in the room by using lift and excitement in your voice. Let your class know this is the final round; they need to be warm and ready for the shift of intensity in Track 2.

- Rhythm and resistance – let's get connected to the workout!
- Feeling some good energy in the legs now

CONNECTION

Use the low intensity in this track to connect with your class, bringing both the new riders and regulars together. While connecting with the riders, connect to the cool feel of the song. Be relaxed and conversational while rolling out to the rhythm.

02. PACE

MUSIC Hole In My Soul

5.36 mins

1/1 = 131rpm

TRACK FOCUS

- Clearly coach your class to find correct Racing and Climbing Resistance by using lots of feeling cues.
- Use your voice to bring contrast into the track.

PROFILE

4x around the block: 2 short fast flats and 2 longer blocks mixed with climbs and longer fast flats.

BLOCK 1

0:00 / Intro			
2x8 / Seated Recovery			
Shake arms, Shoulder Roll	B	1/2	E
0:15 / V1 / _ Strike up the			
6x8 / Ride Easy		3/4	E
0:31 / _ Bring down the			
4x8 / Ride Easy		3/4	E
0:45 / PC / Take a bow _			
2x8 / Ride Easy	R	3/4	E
0:52 / Top again			
2x8 / Ride Easy		3/4+	M
1:00 / C / Hole in my			
8x8 / Racing (Forward)		1/1	H

BLOCK 2

1:29 / Instr			
2x8 / Ride Easy		1/1–3/4	E
1:37 / V2 / _ Whip up the			
4x8 / Ride Easy		3/4	E
1:51 / _ Strike up the			
4x8 / Ride Easy		3/4	E
2:06 / PC / _ And every			
2x8 / Ride Easy	R	3/4	E
2:14 / Top again			
2x8 / Ride Easy		3/4+	M
2:21 / C / Hole in my			
8x8 / Racing (Forward)		1/1	H

BLOCK 3

2:50 / Instr / (Low)			
2x8 / Ride Easy	C	1/2	E
2:57 / V3 / Find each			
4x8 / Standing Climb		1/2	M
3:12 / Name			
2x8 / Standing Attack		3/4	M
3:19 / C / Hole in my			
8x8 / Racing (Forward)		1/1	H
3:49 / Instr / (Synth)			
6x8 / Aero-Racing (Forward)		1/1	H

BLOCK 4

4:11 / Br /			
½x8 / Transition		1/1–1/2	E
4:13 / Instr /			
22x8 / Repeat BLOCK 3			
to B			

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

- Coach your class to build resistance towards Racing Resistance, setting them up for the work ahead. Use Layer 1 PRP cues to establish fast riding technique.
- We are building from a light tension to a stronger tension with lots of room to move and that's our Racing Resistance
 - Racing – chest up, upper body relaxed, slide forward, shoulders down, dip the toes slightly

2 LAYER 2

Position/Resistance/Pace

- This block is the same as the last, except now we want our riders to work harder. Use Layer 2 cues to improve technique and to Manipulate Intensity.
- Let the Racing Resistance slow your legs
 - Remember: strong tension with lots of room to give – that's Racing Resistance
 - Sliding forward and dipping your toes to give you fast leg speed
 - Relax your body; let the legs do all the work

3 LAYERS 1 & 2

Position/Resistance/Physical Intensity

- Allow recovery. Coach the addition of resistance to find an easy climbing gear. Set up your class with good climbing technique using Layer 1 cues. Then it's back to Racing Resistance and speed again, but it's longer this time.
- One good turn to find light Climbing Resistance
 - Standing Climb – chest up, butt back
 - We are going to take it off the top with a little acceleration then sit for 50 seconds – fast!
 - Reduce to Racing Resistance
 - Hang in there! We're in the groove now!
 - Remember small quick circles for fast legs
 - Last 20 seconds in the hot seat! Stay with us
 - Aero-Racing – drop your body a little lower

4 LAYER 3

Inspire/Motivate

- Be encouraging and uplifting in your voice and cues to motivate your riders to finish the final uphill and downhill surge with good intensity. Remember to pre-cue early in the quick transitions in and out of the saddle!
- Last effort, all systems are go now!
 - Let's go a little harder on this last one – Track 3 is coming!

PERFORMANCE

This is a great track to sing along to, if that's your thing. Use the dramatic shifts of energy in the song to creating contrast in your voice. Use a relaxed voice in the verses, then lift your vocal intensity in the chorus, where the energy shift is.

COACHING TIP

The 3rd and 4th blocks have longer speed phases. Be sure to help the people who struggle to ride fast for longer periods to feel good if they are starting to slow. Say something like: "if you're slowing down, it's ok – just keep the legs turning over as fast as you can. It's the intention behind what you're doing that counts!"

03. HILLS

MUSIC Side To Side
1/1 = 90rpm

6:14 mins

TRACK FOCUS

- Coach the two climbing paces with clarity by using clear, simple Resistance and Pace cues.
- Have fun with this song and hook into the cool music and lyrics.

PROFILE

- 3x rounds riding at 2 cadences. 1x short climb to set up Climbing Resistance and 2x identical 2-minute climbs!

BLOCK 1

0:00 / Intro /
4x8 / Seated Recovery
Shake arms, Shoulder Roll B 0 1/2 E

0:13 / V1 / Talkin' to ya _
8x8 / Ride Easy 7 1/1 E

0:37 / PC / These **friends**
4x8 / Ride Easy C 0 1/2 E

0:49 / C / All **night**
4x8 / Standing Climb 7 1/2 M

1:01 / All **night**
4x8 / Standing Climb * 1/1 H

BLOCK 2

1:14 / V2 / Been tryna
8x8 / Ride Easy 7 1/1 E

1:37 / PC / These **friends**
4x8 / Ride Easy C 0 1/2 E

1:50 / C / All **night**
4x8 / Standing Climb 7 1/2 M

2:01 / All **night**
4x8 / Standing Climb * opt 7 1/1 H

2:14 / It's the **new**
4x8 / Power Climb * 1/1 H

2:26 / All these
4x8 / Standing Climb * 1/1 H

2:38 / **Kissing** me
4x8 / Standing Attack * 1/1or 1/1+ H

2:50 / These **friends**
4½x8 / Standing Recovery * 1/4 E

3:04 / C / All **night**
4x8 / Standing Climb * 1/1 H

3:16 / All **night**
4x8 / Standing Attack * 1/1 or 1/1+ H

3:27 / _ New style
4x8 / Power Climb * 1/1 H

BLOCK 3

3:40 / Br
1½x8 / Transition E

3:44 / V2 / Been tryna
48½x8 / **Repeat BLOCK 2**
7 to R 0

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

- Clearly set up Climbing Resistance before you stand so your riders can feel the work in the short 15-second climb. Use Layer 1 cues to coach Position to get your riders to move with good technique and rhythm cues so they can feel the different rhythms of the work and music.
- *Ride Easy – butt back, relaxed through the upper body*
 - *We need to find a heavy Climbing Resistance, big turn clockwise to slow your legs right down, it's got to feel heavy on the bike*
 - *Standing Climb – lift your chest, butt back, side-to-side, light and lifted*

2 LAYERS 1 & 2

Position/Resistance/Physical Intensity

- Revisit the importance of using Climbing Resistance before the next climb, to make sure your riders are riding at the correct intensity. Make sure you let your class know that this round is long. Because Block 1 was short, use Layer 1 cues again, then Layer 2 so they know how to ride better, how they should be feeling and what to do if they are not feeling that intensity.
- *The next two blocks are going to be longer and they're definitely going to be steeper*
 - *Climbing Resistance – a big, big gear that slows your legs right down; a grab in the muscle that will make you stronger*
 - *2 minutes of work ahead*
 - *Power Climb – shift your butt back, for more power*
 - *30 seconds of work ahead, a pit stop at the top*
 - *Standing Attack – shift hips forward, accelerate*
 - *45 seconds of work left in this block – this is where we get really strong*

3 LAYER 3

Resistance/Position/Physical Intensity

- This is a repeat of Block 2. Allow your class to recover and then bring them back to the work. Set up the same way you did last round by using clear and simple cues, but this time add in some more motivational cues to get them to push their hardest to the top!
- *Back to that heavy Climbing Resistance; big turn to slow your legs right down*
 - *You've got to feel it now so that you get the results later*
 - *Use your body, side to side, to help you move faster*
 - *45 seconds – right to the end of this track!*
 - *Now we get strong; now we build leaner muscle*
 - *Come on – ride with me!*

CONNECTION

Have fun with the cheeky lyrics of the song. Be big in body and voice and have fun moving side to side, especially in the 1/2 pace phases where you have more time to play. Enjoy this one!

PERFORMANCE

Set up and emphasize the importance of using heavy Climbing Resistance at the start of the track in Block 1 so that you don't spend the rest of the climb trying to get your riders to find the right resistance. That way you'll have more time to have fun with the super cool song!

04. MIXED TERRAIN

MUSIC Her 6:07mins

1/1 = 137rpm

TRACK FOCUS

- Allow your class to feel success in the long fast phases by emphasizing it's OK if they are starting to slow – it's more about the duration of the effort.

PROFILE

- 3x rounds of Mixed Terrain with climbs and longer fast flats in blocks 2 and 3.

BLOCK 1

0:00 / Intro / 8x8 / Seated Recovery			
Shake arms, Shoulder Roll	B	1/2	E
0:28 / V1 / Wake up without 8x8 / Ride Easy		3/4	E
0:56 / PC / _ When I'm 8x8 / Ride Easy		3/4+	M
1:24 / C / _ Something 8x8 / Racing (Forward)	R	1/1	H

BLOCK 2

1:52 / Instr / (Low) 4x8 / Ride Easy	•	1/2	E
2:06 / V2 / _ My bearing 2x8 / Seated Recovery, Shake arms, Shoulder Roll	•	1/4	E
2:12 / _ I like the 2x8 / Ride Easy	C	1/4	M
2:20 / _ Now as I 4x8 / Standing Climb	•	1/4	M
2:34 / _ Now as I 4x8 / Standing Climb Opt 1/2+ last 2x8		1/2	M
2:48 / Instr / (Synth) 8x8 / Racing (Forward)	to R	1/1	H
3:16 / C / _ And I feel 8x8 / Aero-Racing (Forward)	•	1/1	H

BLOCK 3

3:44 / Instr / (Low) 32x8 / Repeat BLOCK 2			
5:37 / Outro / _ Drifting away 8x8 / Ride Easy, Seated Recovery		1/2	E
to B			

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Coach Layer 1 PRP cues as you work towards the first working phase.

- Let the dust settle for a bit before we take off again
- First block, flat round ahead
- Couple of small gears will get us up to that Racing Resistance; strong tension with lots of give
- Ride Easy – chest up, elbows soft, relax the arms
- Racing – hips forward on the saddle, toes down, relax the body

2 LAYERS 1 & 2

Position/Resistance/Pace

Set up easy Climbing Resistance and cue your class through the choreography, preparing them for the next working phase. Challenge your class to find their top speed for the first 30 seconds. Then, for the final 30 seconds, make them feel OK if their legs are slowing down. The emphasis should be on the duration of the effort, not so much the pace.

- Heavy turn, easy Climbing Resistance, start slowly, 1, 2, 1, 2
- Standing Climb – chest up, butt back, little side-to-side movement
- We're going to lean in, we're going to speed up; we're going to sit down and back off to Racing Resistance and ride fast!
- Hips are forward to help the legs go faster; toes are dipped to make a smaller/quicker pedal circle
- Final 30 seconds, if your legs are slowing or your pace starts to dip, it's OK. It's the duration that matters here

3 LAYER 3

Motivate/Inspire

Same as Block 2. Use lots of Layer 3 cues to motivate and inspire your class to the end; keep it encouraging and positive. Remember to allow the option of slowing slightly. You want everyone to feel like they are succeeding in their workout.

- You've got another one just like that
- You've gotta make the minute – that's our goal. First 30 seconds is easy – you can stay on the beat. The second 30 seconds you're chasing, or you're dipping out. It doesn't matter – it's the duration that counts
- The fitter you get, the faster you will go, the longer you can hold it!
- Have a check – did you back off too much? If you did add a little more, if it's too heavy and you're slogging it out, reduce a little!
- Final 30 seconds – up to you! Slow or stay on the beat. Hold onto it!
- Duration builds fitness; time under tension builds fitness

PERFORMANCE

This track links Track 3 and 5 together, creating good contrast between the two. It's got nice lift and energy as it leads into Track 5. Start to ramp up the intensity and energy in your voice and body as you hit the working phases.

05. INTERVALS

MUSIC Wild Horses 6:21 mins

1/1 = 87rpm

TRACK FOCUS

- Coach correct Resistance and Pace to get the power training effect.
- Coach the small reduction of resistance and slight acceleration in the last 20 seconds of Blocks 2 and 3 so they feel the physical and emotional lift as the music drives them towards the recovery.

PROFILE

- 3x blocks of explosive Intervals: Block 1, 40 seconds; and Block 2 and 3 are identical – around 80 seconds each.

BLOCK 1

0:00 / Intro / 4x8 / Seated Recovery, Shake arms, Shoulder Roll	B	1/2	E
0:11 / Instr / (Beeps) 4x8 / Ride Easy		1/1	E
0:22 / (Low) 2x8 / Ride Easy		1/2	E
0:27 / V1 / _ I'm a dreamer 8x8 / Seated Recovery, Shake arms, Shoulder Roll	•	1/2	E
0:49 / _ There's a window 6x8 / Ride Easy	A	1/1	E
1:06 / C / _ I will survive 8x8 / Standing Attack		1/1	M
1:28 / Instr / (Synth) 8x8 / Racing	•	1/1	H

BLOCK 2

1:50 / V2 / _ I remember 8x8 / Ride Easy		1/1	E
2:12 / C / _ I will survive 8x8 / Standing Attack	A	1/1	M
2:34 / QC / _ I will survive 4x8 / Standing Recovery	•	1/4	E
2:45 / _ I will move 4x8 / Standing Recovery		1/2	E
2:56 / C / _ I will survive 8x8 / Standing Attack	•	1/1	H
3:18 / Instr / (Synth) 8x8 / Racing	•	1/1	H
3:40 / (High synth) 8x8 / Racing		1/1+	H

BLOCK 3

4:03 / Br / 1x8 / Transition	1/1
4:05 / V3 / _ I remember 48x8 / Repeat BLOCK 2	
to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

- Use this first block to set your class up with correct Resistance and riding Pace. Using Layer 1 PRP cues, highlight the feel required for both.
- Couple of good turns to find Attack Resistance, heavy tension with only just a little room to move
 - Standing Attack – **lean in, chest up, belly braced**
 - Racing – **butt back, body still, grip the handlebars and brace the belly**

2 LAYER 2

Position/Pace

- Allow recovery, then coach your class to establish correct Resistance and Pace quickly as you prepare to hit the work again. Get your class moving with good technique but using Layer 2 cues – it'll also help them work harder! In the final 20 seconds of Racing, it's a SMALL reduction of Resistance to allow the legs to move just a little quicker. Make sure they don't back off too much! Remind them of the pace they should be riding at and what to do if they aren't matching it!
- Find your heavy Attack Resistance
 - Lean in and lift your knees up – use your quads more!
 - Hold the resistance as we slow down
 - This next part of the block will make the difference to your fitness! 20 seconds up and 40 down!
 - Maintain resistance, sit back. It gets hard here so grip the handlebars, brace the belly and drive the hips from the back of the saddle
 - We're going to back off just a little and accelerate, not too quickly!
 - This will kick-start your metabolism

3 LAYER 3

Motivate/Inspire

- Final block. As your class fatigues you need to help them get to the end of the track still riding with good technique. Motivate and inspire your class to succeed by role-modelling what it is to be an athlete riding at top intensity.
- Great job folks – we've got one more
 - This is it: time to train: time to make a change!
 - Are you coming with me on this last effort?
 - 20 / 20 / 20 – 60 seconds. Get it done!
 - Make the best start to your fitness
 - Light reduction, power
 - Make a change: make a difference. One effort can make all the difference!

PERFORMANCE

Enhance the feel of this up-tempo drum 'n' bass song by playing on the choreography changes. Especially through the pace changes – from a slow recovery, to a medium-paced recovery to the beat of the music. Use your body and vocals to deliver contrast and excitement to match the feel of the song.

06. SPEED WORK

MUSIC Indian Summer 6:21 mins

1/1 = 85rpm

TRACK FOCUS

- Coach your class to accelerate in the surges of speed above and back onto the beat.
- Use a softer yet driving voice, trying to not speak over this beautiful piece of music.

PROFILE

- 3x speed phases with surges above and on the beat of the music.

BLOCK 1

0:00 / Intro / 1½x8 / Seated Recovery, Shake arms, Shoulder Roll	B	1/2	E
0:11 / Instr / (Synth) 4x8 / Ride Easy	•	1/1	E
0:33 / (Chant) 4x8 / Ride Easy	R	1/1	E
0:56 / (Upbeat chant) 4x8 / Racing (Forward) 2x	•		H
1x8 1/1++ Surge			
1x8 1/1 Slow			
1:18 / (Synth) 4x8 / Racing (Forward)	•	1/1++	H

BLOCK 2

1:41 / (Low) 2x8 / Transition	•	1/1++-1/2	E
1:52 / (Chant) 4x8 / Ride Easy	↘	1/1	E
2:15 / (Beat) 4x8 / Standing Climb	C	1/2	E
2:38 / (Upbeat chant) 8x8 / Racing (Forward) 4x	↘		H
1x8 1/1++ Surge			
1x8 1/1 Slow			
3:23 / (Synth) 4x8 / Racing (Forward)	•	1/1++	H

BLOCK 3

3:45 / (Low) 22x8cts / Repeat BLOCK 2			
5:50 / Outro / 4x8cts / Ride Easy	↘	1/2	E
↘ to B			

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

- Use clear Layer 1 PRP cues to set your class up with good technique for riding fast. Cue the surges of speed early on by letting your riders know they'll be surging above the beat for 8cts and then back on to the beat for 8cts. Count down the surges so they get the full effect of each one. Then, pre-cue the 20-second 1/1++ speed phase in the last 8cts of the surges so your riders know how much time they have left and they can then work harder to the recovery.
- *Racing Resistance* – firm pressure with room to move
 - *Racing* – **relax the arms, drop the shoulders**
 - *2x8 counts above the beat, 8 counts back on* – surge of speed
 - *Surge!* 8, 7, 6, 5
 - *We're not done yet! 20 seconds, all-out effort!*
 - **Slide your hips forward, a little dip in your toes** for more speed!

2 LAYER 2

Position/Resistance/Pace

- Use a softer voice in the recovery, really let the music shine. Cue the climb early so you have time to find Climbing Resistance before you stand. Pre-cue the surges of speed in the last 2x8 of the climb. Let your riders know that this time they have 4x surges of speed above and onto the beat. Count down the first two surges of speed so they know how long to surge on and off for, then let them take control of the final two. Hit the final 20 seconds of 1/1++ with full intensity. Use Layer 2 cues in this block to help your riders move faster and coach them about what the benefits are of surges of speed.
- *Climbing Resistance* – heavy turn on your dial
 - *Lift your chest, helps you breathe*
 - *4x above the beat, back on the beat*
 - *Surges of speed to get fitter!*
 - *20 seconds* – all-out effort!
 - *Time to get fitter, time to get faster!*

3 LAYERS 2 & 3

Pace/Inspire/Motivate

- Last Speed Work phase and it's identical to Block 2. Don't feel like you have to say anything different here. Be clear and simple in your PRP cues again so that your riders know what they are doing and how long they are doing it for. Use Layer 3 cues to motivate and inspire in the final 20 seconds above the beat. Let them know you're feeling the work too. It's a hard speed phase so your riders will appreciate it
- *One more time around the track*
 - *Let your body fill up with oxygen; re-energize yourself*
 - *One more time! 4x surges above the beat and on, 20 seconds to kick!*
 - *Let's see the shift in speed!*
 - *I'm right there with you!*
 - *This is it* – 20 seconds, best you've got!
 - *Forget about the challenge, just see the change*

PERFORMANCE

This is such a unique and beautiful piece of music that has a euphoric and liberating feel. Pre-cue the surges of speed early on so you don't have to say too much in the working phases. Find your natural, softer, yet driving voice and then let the music do the work!

COACHING TIP

Use short, clear and simple language in this one so that you don't talk over the beautiful piece of music!

07. MOUNTAIN CLIMB

MUSIC All Systems Down 6:42 mins

1/1 = 64rpm

TRACK FOCUS

- Match the feel of the song with your voice and the way you move, creating an army-type experience – you are their drill sergeant. Use inclusive cues to bring everyone together.
- Coach the 'Fitness Test' in the 2nd block using lots of Layer 2 cues to find intensity.

PROFILE

- 3x blocks to bring it home, including a 1-minute fitness test in Round 2 to challenge you to the next level.

BLOCK 1

0:00 / Intro /				
4x8 / Seated Recovery,				
Shake arms, Shoulder Roll	B	1/2		E
0:15 / Instr / (Drumbeat)				
4x8 / Ride Easy	R	1/1		E
0:30 / (Upbeat)				
4x8 / Standing Climb	C	1/1		M
0:45 / (Windup)				
4x8 / Standing Climb		1/1		M
1:00 / (Drop)				
4x8 / Standing Climb		1/1		H
1:15 / (Drum)				
4x8 / Standing Climb		1/1		H
1:29 / (Horn)				
4x8 / Power Climb		1/1		H
1:45 / (Horn)				
4x8 / Standing Climb		1/1		H

BLOCK 2

2:00 / (Low)				
7x8 / Standing Recovery		1/2		E
2:30 / (Bleeps)				
16x8 / Power Climb		1/1		H
3:38 / (Heavy)				
4x8 / Standing Climb		1/1		H
3:52 / (Pulsing beat)				
4x8 / Standing Climb		1/1		H
4:08 / (Pulsing synth)				
4x8 / Power Climb		1/1		H
4:23 / (Pulsing synth)				
4x8 / Standing Climb		1/1		H

BLOCK 3

4:38 / (Windup)				
4x8 / Ride Easy		1/1		E
4:53 / (Windup)				
4x8 / Ride Easy		1/1+		E
5:08 / (Bass)				
4x8 / Standing Climb		1/1		H
5:23 / (Heavy pulse)				
4x8 / Standing Climb		1/1		H
5:38 / (Downbeat)				
4x8 / Power Climb		1/1		H
5:53 / (Low chant + downbeat)				
4x8 / Standing Climb		1/1		H
6:08 / (Low)				
8x8 / Power Climb		1/1 or 1/1+		H
to B				

BLOCK OBJECTIVES

1 LAYER 1

Resistance/Pace

Coach PRP using Layer 1 cues to get your class climbing again, riding in the correct Position, Resistance and Pace. Use the 1 minute of Standing Climb to space out your cues, saying something at every gear change.

- Climbing Resistance – heavy gear, challenge your legs
- Standing Climb – chest up, butt back, shift your body weight to help drive the resistance, side to side
- We're going to march together
- Power Climb – butt back in the saddle, strong grip on the handlebars

2 LAYER 2

Pace/Resistance

This block has a 1-minute fitness test to challenge the class, then another minute to add to the assault! Using the same resistance we found in the first block, we sit and slowly build pace as the music starts to speed up. Just ride to the beat. The key with this phase is to make sure the class doesn't ride too quickly; which will come down to how much resistance they've got on. Not enough, they'll be spinning too quickly! Pre-cue the change to Standing Climb early, making sure they slow first by taking on more resistance. Using Layer 2 cues, make sure they are riding with good technique and riding at the correct level of intensity. Keep up this intensity in the final minute as this is where the fatigue will hit.

- Leave your resistance where it is!
- 1 minute, I'm going to challenge you with a fitness test
- We're going to go from slow to fast using this resistance
- Power Climb – butt back, grip the handlebars and brace the belly
- Get a feel for that heavy resistance now. It's going to get fast, it's going to gas you out a little
- Here comes the kick zone
- If you have to, take the edge off a little
- Now you feel liberated, let's march to the top together
- Use your body weight, side to side. Drive through the fatigue in your legs
- Surprise yourself – stay in the fight!

2 LAYER 2

Inspire/Motivate

A short reprieve where we regroup and prepare for the final block. All the technical coaching has been done – it's now about getting your class to finish the final 90 seconds feeling satisfied they've worked as hard as they could. Use Layer 3 cues to inspire your class to get there, keeping it positive and inclusive. Use lots of time references to the end.

- Regroup, we're back as one, we march strong together
- What do you think? All systems go?
- 90 seconds – we're going to sign off this one
- Take it down to the wire, ride to your limit
- Time to commit – are you going to commit?
- Faster if you can, surprise yourself!
- Take it to the end. No one gets left behind!

CONNECTION

Connect to the music by creating a marching feel to the track, where we start together and finish together as a pack. In Blocks 1 and 3 be really inclusive, using lots of 'we' and 'us-type' cues. Block 2, it's a chance to break away in the fitness test to find one's individual fitness. We will make it home together, where no one gets left behind!

COACHING TIP

In Block 2, to get the true benefit of the fitness test make sure your class has enough resistance. As the pace increases, the legs should not spin easily or go too quickly. Encourage your class to use the resistance they used in Block 1, but be sure to option a little off if need they need to.

08. RIDE HOME/ STRETCH

MUSIC This Girl 3:16mins

1/1 = 122rpm

TRACK FOCUS

- Roll out the legs to recover and celebrate the workout completed with your class.

PROFILE

- Short spin of the legs before we stretch out the riding muscles.

BLOCK 1

0:00 / Intro / (Low vocals)

2x8 / Seated Recovery

Shake arms, Shoulder Roll B 1/2 E

0:08 / V1 / _ Money rains

8x8 / Ride Easy 3/4 E

0:39 / Br /

1x8 / Ride Easy 3/4 E

0:43 / Instr / (Saxophone)

5x8 / Racing • 3/4 E

1:03 / (Sax & beat)

6x8 / Racing • 1/1 E

BLOCK 2

1:26 / (Low)

2x8 / **Transition off bike**

1:34 / V2 / **These** presents

4x8 / **Standing Quadricep Stretch** R

1:50 / _ You buy me

4x8 / **Standing Quadricep Stretch** L

2:06 / _ Will you

7x8 / **Standing Gluteal Stretch** L, R

2:34 / (Beat & sax)

6x8 / **Standing Hamstring Stretch** L,R

2:57 / Outro /

4x8 / **Bike-supported Upper and Lower Back Stretch**

Shake and congratulate

BLOCK OBJECTIVES

1 LAYER 1

Coach your class through the flush and allow the heart rate to come down.

- *Light, Base Resistance and medium Pace*
- *Well done guys. Time to cruise now*
- *45 minutes under the belt – you should be feeling really good right now!*

2 LAYER 2

Coach your class through the stretches, and remind them of the benefits e.g. assists the recovery process.

- *Quadricep Stretch – knee to knee, heel to butt*
- *Glute Stretch – hips back, sit down into the stretch*
- *Hamstring Stretch – lengthen through the back of the leg, chest up, butt back*

GLOSSARY

KEY RPM RIDING POSITIONS

Throughout the ride we use different riding positions. These impose slightly different demands on the body and the working muscles. Changing positions brings maximum benefits, avoids over-stressing the body and brings variety to the ride, which is an important factor in indoor cycling.

Some positions are used at specific paces or resistances as they are designed for speed, climbing and power recovery. Others are used with all paces and resistance. Your goal is to ride both effectively and efficiently in each position and have your participants do the same.

BIKE SETUP

Before you begin the class use the 'on-the-bike quick check' to make sure your riders are riding in a safe and effective position.

SEAT HEIGHT

Bring your feet to 12 o'clock and 6 o'clock. Take out your bottom foot and place your heel over the pedal. With a straight leg and hips level, your heel should just touch the pedal – a good seat height for great force production. If your heel easily touches the pedal and the knee is bent, then the seat is too low. If you cannot reach the pedal without losing your hip alignment, then your seat is too high.

SEAT FORE AND AFT

With the pedals at 3 o'clock and 9 o'clock, position the saddle so the front knee is in line with the pedal axle or the top toe strap of the front pedal. If the knee is back of the pedal axle, the seat needs to be moved forward. If the knee is forward of the pedal axle the seat needs to be moved back.

HANDLEBAR HEIGHT

The handlebar height should be slightly lower or level with the saddle. Beginners or people with lower back problems should have the handlebars slightly higher than the saddle.

HANDLEBAR FORWARD AND BACK

In Racing, you should have a 90-degree angle between your upper arm and your torso. If you feel like you need to slide forward in the saddle to create the 90-degree angle, move your handlebars a little closer.

RIDE EASY

LAYER 1

- Tip forward from the hip
- **Sit back in the saddle**
- **Hands shoulder-width apart**
- 90-degree angle at your upper arm and torso
- Lengthen the back of the neck and tuck in chin
- **Chest lifted**
- **Shoulders back**
- **Soft elbows**
- Upper body relaxed
- Hips, knees, ankles in line
- Middle of kneecap in line with 2nd toe
- Eyes in front of the handlebars



LAYER 2

- Shoulders away from ears
- Relaxed upper body to help with recovery
- Hands wide to help with your breathing

This is the basic riding position and can also be used for recovery. It's used with light to moderate Climbing Resistance either at the start of the track, or when we start to build intensity at the beginning of work phases.

RACING

LAYER 1

- Hinge from the hips
- Reach arms forward
- **Slide the butt back**
- 90-degree angle at your upper arm and torso
- **Chest lifted**
- **Shoulders back and down**
- **Bend through your elbows**
- **Abs in and braced**
- Lengthen the back of your neck and tuck in chin
- Eyes in front of the handlebars
- Hips, knees, ankles in line



LAYER 2

- Reach long into the dippers, keep your elbows bent
- Slide back on the saddle, feel the glutes and hamstrings
- Belly strong, keep your upper body still
- Maintain good knee alignment, middle of kneecap in line with middle of foot

This is a riding position, not a cue to automatically go faster. However, generally we move to a period of increased intensity using slightly more resistance and/or faster speed.

Don't overreach in this position because we don't want to compromise the lower back, the shoulders or the neck. This forward position gives us a wider base of support and slightly changes the hip angle, allowing a change in recruitment of the gluteals and hamstrings; therefore, it puts you in the best position to work harder. Used in Tracks 1, 2, 4, 5 and 6.

RACING (FORWARD)

LAYER 1

- Reach arms forward
- **Slide forward**
- 90-degree angle at your upper arm and torso
- **Chest lifted**
- **Shoulders back and down**
- **Bend through your elbows**
- **Abs in and braced**
- Lengthen the back of your neck and tuck in chin
- Eyes in front of the handlebars
- **Toes slightly down**
- Hips, knees, ankles in line
- Middle of kneecap in line with middle of foot



LAYER 2

- Slide forward on the saddle to bring the knee over the Push Point
- Helps you recruit more quads
- Toes down, creating small, quick circles with the feet
- Keep your body still, hips and upper body; brace your belly

Used when we ride 1/1 in Tracks 2, 4 and 6. By sliding forward in the saddle and dipping the toes slightly, we generate a faster leg speed. We bring the knee over the Push Point in the pedal, which means we create a quad-dominant action and decrease the length of the lever around which the pedal must rotate.

AERO-RACING (FORWARD)

LAYER 1

- Hands inside the 'D'
- **Slide forward in the saddle**
- **Elbows in and down**
- **Shoulders come down**
- Lower upper body
- Eyes in front of the handlebars
- **Toes slightly down**



LAYER 2

- Drop your upper body down, like you're drafting off the rider in front
- Tuck under the wind, get aerodynamic

The two most common uses are during the work phases in Tracks 2, 4 and 6 and sometimes in Track 5 for increased power output.

NOTE: If your bike doesn't allow you to place the hands inside the 'D', stay in Racing position.

POWER CLIMB

LAYER 1

- Hinge from the hips
- Reach arms forward
- **Slide the butt back**
- **Chest lifted**
- **Shoulders back and down**
- **Bend through your elbows**
- **Abs in and braced**
- Push and Pull
- Lengthen the back of your neck and tuck in chin
- Eyes in front of the handlebars
- Hips, knees, ankles in line
- Middle of kneecap in line with middle of foot



LAYER 2

- Hands wide – gives you a stronger base of support to push from
- Push with your quads and pull back using your hamstrings
- Go for big circles with the feet
- Push and Pull
- Sit back in the saddle – this lengthens the lever, creating more force production

We use the Power Climb position to drive heavy resistance at slow pace and work on leg strength, or power. The positioning is the same one we use with Racing (butt back). The wide base of support, the slide of the butt back and the position of the hips place the body in the best position to produce optimal power.

NOTE: Correct pedaling technique is essential to drive the pedals under increased resistance. 'Push and pull' your legs simultaneously to ride efficiently and avoid pedaling in 'squares'.

STANDING CLIMB

LAYER 1

- Hands placed at end of handlebars with relaxed grip
- **Butt just over the front of your seat**
- **Abs in and braced**
- **Chest lifted**
- **Shoulders back and down**
- **Elbows soft and in**
- Body weight moves side to side
- Eyes in front of the handlebars



LAYER 2

- A strong core for a strong climb
- Feel your butt tap the nose of the saddle
- Push down through the pedal, generating as much force as you can
- Pull up on the handlebars to counteract the downward push
- Keep your body weight in your legs, not in the handlebars

Before you stand, make sure you have established enough resistance. You're much stronger when you stand because you're applying your full body weight to drive the pedals. You should have enough resistance to counterbalance your body weight.

GLOSSARY

KEY RPM RIDING POSITIONS

STANDING ATTACK

LAYER 1

- Hands to the end of the handlebars
- **Bring your body weight slightly forward**
- **Abs in and braced**
- **Chest up**
- Eyes in front of the handlebars



LAYER 2

- Shift your hips slightly forward, feel your quads
- Strong core for strong legs
- Front body focus, quads are in!
- Lean in, quads kick in!

We use this position in Track 5, and at the top of climbs to change muscle recruitment for quick efforts of intensity and power. Bringing the hips forward increases recruitment in the quads.

STANDING RECOVERY

LAYER 1

- Standing tall on the bike
- Chest up and open
- Long back
- Extend your legs a little more
- Heels down



LAYER 2

- Rise and recover
- Feel the release in the legs and back
- Take a moment to recharge

This position is used for recovery and postural breaks as we slow down to a walk on the pedals.

SPEED COACHING CUES

1. Slide forward in the saddle
2. Toes slightly down – fixed ankle
3. Prevent bouncing in the saddle: Push and Pull, draw in the abs and add resistance
4. Relax the upper body
5. Chin tucked in, eyes down
6. Help people feel success by saying “if your legs are starting to slow, it’s OK, just do your best”

SEATED RECOVERY

LAYER 1

- Sit up at the back of the saddle
- Shoulders back
- Lift chest
- Hips, knees, ankles in line



LAYER 2

- Open chest, get your breath back
- Let the arms hang loosely at your sides
- Take the air in, oxygen is energy

This position is used for recovery, postural breaks and stretches at the beginning, during or at the end of tracks.

MUSIC

- 1 **Anywhere** (2:56)
Dillon Francis feat. Will Heard
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Written by: Phillips, Napier, Heard, Francis
Anywhere (1:45)
Dillon Francis feat. Will Heard
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Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Phillips, Napier, Heard, Francis
- 2 **Hole In My Soul** (4:11)
Kaiser Chiefs
Courtesy of the Universal Music Group.
Written by: Baines, Guagliola, Mistry, White, Wilson
Hole In My Soul (1:25)
Kaiser Chiefs
Courtesy of the Universal Music Group.
Written by: Baines, Guagliola, Mistry, White, Wilson
- 3 **Side To Side** (3:42)
Ariana Grande feat. Nicki Minaj
Courtesy of the Universal Music Group.
Written by: Salmanzadeh, Grande, Kotecha, Sandberg, Kron
Side To Side (2:32)
Ariana Grande feat. Nicki Minaj
Courtesy of the Universal Music Group.
Written by: Salmanzadeh, Grande, Kotecha, Sandberg, Kron
- 4 **Her** (6:07)
Shapeshifter
© 2016 A.R.T Inc.
Written by: Steele, Littlemore, Mayes, Sloan
- 5 **Wild Horses (Matrix & Futurebound Remix)** (4:04)
Birdy
© 2016 Jasmine Van Den Bogaerde under exclusive licence to Atlantic Records UK, a Warner Music Group Company.
Written by: van den Bogaerde, McDavid
Wild Horses (Matrix & Futurebound Remix) (2:17)
Birdy
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Written by: van den Bogaerde, McDavid
- 6 **Indian Summer** (6:21)
Jai Wolf
© 2015 Poid Foreign Family Collective.
Written by: Saha
- 7 **All Systems Down (Extended Mix)** (6:42)
Andrew Rayel & KhoMha
© 2016 405 Recordings under exclusive license from Armada Music BV.
Written by: Albersen, Alzate, Gerhardsen
- 8 **This Girl** (3:16)
Kungs & Cookin' On 3 Burners
Courtesy of the Universal Music Group.
Written by: Mason, Ferguson, Klotzchayan
- 9 **Play That Song** (4:03)
Train
© 2017 Sunken Forest, LLC, under exclusive licence to Columbia Records, a Division of Sony Music Entertainment. Written by: Carmichael, Loesser, Monahan, Larsen

EXPRESS FORMATS

Please note: This format is customized to this release only. If time permits you may include Track 8 Ride Home/Stretch, alternatively advise your class to do their own stretches once they have left the room.

RPM 75: 30-MINUTE FORMAT

- Track 1** Pack Ride
Track 2 Pace
Track 3 Hills
Track 4 Mixed Terrain
Track 5 Intervals
Track 8 Ride Home/Stretch
(If time permits)
Total Time 29:03

Mix and Match Formats: Should you wish to mix and match using different releases, please use the standardized 30 and 60 minute formats. Be sure to check the length of your playlist!

30-MINUTE FORMAT

- Track 1** Pack Ride
Track 3 Hills
Track 4 Mixed Terrain
Track 5 Intervals
Track 7 Mountain Climb
Track 8 Ride Home/Stretch
Total Time: 26:39

60-MINUTE FORMAT

- 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 54:37

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
V music
verse

PACE

- rpm** Revolutions per minute
1/4 Riding on the 1/4 beat
1/2 SLOW – riding on the 1/2 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+ A little faster than rpm

RESISTANCE

- A** Attack Resistance
B Base Resistance
C Climbing Resistance
R Racing Resistance
R Add more than Racing Resistance
R Reduce to Racing Resistance
● Maintain resistance
➤ Increase resistance
➤ Decrease resistance

SMARTSTART

Acknowledge your new participants and let them know they can leave now if they choose to.

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