



LES MILLS
THE TRIP
8

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

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	SONG TITLE	ARTIST	
1	I Wonder © 2017 Les Mills Music Licensing Ltd. Written by: West, Siffre	The Suspenders	4:03
2	Carmalude © 2014 Audiopaxx. Written by: Carmody, Armata	Carmada	3:58
3	No More © 2015 Any Street Studios. Written by: Chrisp, Thomas	Sachi Feat. Zoe & SYSYI	4:11
4	Unseen © 2016 Les Mills Music Licensing Ltd. Written by: Henderson, Langeveld, van de Geer	Koskof	4:53
5	God Walked Down © 2015 Jalapeno Ltd. Written by: Volsen, Spencer	The Allergies	3:43
6	In2 © 2017 Les Mills Music Licensing Ltd. Written by: Charles, Beadle, E. Alexander, K. Alexander, Parrish, Luscombe, Workum	The Paper Electric	6:23
7	GoGo! © 2015 LuckyMe Records. Written by: Rodrigues	Baauer	3:12
8	You & Me (Baauer Remix) Courtesy of the Universal Music Group. Written by: Caird, W. Lawrence, J. Lawrence, Napier	Disclosure feat. Eliza Doolittle	4:02
9	Unseen © 2016 Les Mills Music Licensing Ltd. Written by: Henderson, Langeveld, van de Geer	Koskof	5:12
10	Ha Ha Ha Ha (Yeah!) © 2015 Downtown Records. Marketed and distributed by Create Control Ltd. Written by: Petralli, Terebecki	White Denim	2:15
11	BlaBlaBla © 2015 Nowaday Records Written by: Dixit	Christopher Dixit	1:27

MESSAGE FROM LES:

Hey team,

We're so stoked to bring you the next evolution in THE TRIP.

TRIP 8 is an exciting and different experience. We have finely tuned the physical intensity of the workout, and the Music & Visuals are radically different with a more abstract approach to each track. There is a heavy focus on shapes, symmetry, textures, colour palettes, and the road design we created is something really 'wow'. The workout is highlighted by two Pyramid training style tracks – both figuratively and literally!

Track 1:

We begin floating in our infinite universe above an abstract planet of shiny black rectangular structures. As we travel closer one structure rises above the rest – it's comprised of several levels which we will complete during our workout. We enter the base of the lowest level of our structure and once we've entered a hologram of the road appears in front of us. The hologram is a preview of what's to come and we see a new one each time we start a new level. As we progress through the workout we rise vertically level by level until we reach the top, and you will notice the colour palette evolves as we rise – from dark to light.

Track 2:

The radically different experience begins! Bright silver patterns twist and dance around us while we travel through our symmetrical world as get our bodies deep into the workout.

Track 3:

An evolution of the Visuals in Track 2. The predominant colour is gold and the light reflects from abstract objects. One highlight is the road, with huge rounded drops into the speed phases, which is insanely fun to ride. Enjoy!

Track 4:

We switch focus and enter our first Pyramid level. We work to blocks of time and go from 100% max speed sections, and power phases, building up to all out strength climbs before working our way back down. This is a massive blow out of physical intensity as well as a huge challenge. Drive your riders with motivation as we progress through each set of Pyramids!

Track 5:

After the chaos of track 4 we spend time catching our breath in track 5. An active recovery leading into attainable twisting climbs. The music is on point and beat driven lights give off a great feel.

Track 6:

Now for something completely different. The combination of an endurance climb and totally euphoric Music & Visuals create an incredible experience. We want our audience to get in their zone to feel the intensity and rhythm. From a coaching perspective, hooking into the beat of the music allows for long periods of silence which helps make everyone's experience exciting and fresh.

Track 7:

This track is pure speed. We grit our teeth and focus on bursts of max speed as we shoot through the shapes. Everyone is deep in the workout by now so it's a great time to step up the motivation and inspire riders to hit their fastest speed - whatever that speed is for them.

Track 8:

Loops! I'm sure you guessed we were going to try a loop at some stage. The music is perfect for it and we add a difference by introducing a couple of twists through the loops. By now the levels are getting lighter, which means we are getting closer to our finish line.

Track 9:

Our second and final Pyramid, and our final physical test for our TRIP 8 experience. We reverse the Pyramid so start with the longer climbs, then the power phases before the 100% max speed sections, and then build back up to strength climbs. This takes everyone to their physical limits, so empower riders to work at their max level. By getting this far they've already achieved incredible feats and all that's required now is to dig in and hold on.

Track 10:

We can celebrate! Light filled, great piece of music, and a celebratory ride through the final level of our structure before we exit and put TRIP 8 in the bag!

Lots of different stuff in this release and we have explored some new creative concepts. This is the beauty of THE TRIP – we have the ability to try many things!

We hope you love this one!

Thanks

Les Jnr

The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) 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, burning, uploading files onto 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, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

THE TRIP 8

KEY

PACE

STOP Legs not moving

1/4 SUPER Slow

1/2 SLOW / on the half beat

3/4 MEDIUM / on the 3/4 beat

3/4+ BUILDING / just under the beat

1/1 ON THE BEAT

1/1+ AHEAD OF THE BEAT

RESISTANCE

+/- Add/Reduce Resistance

TIME Times are based on full movie / music length

CREDITS

Program Director – Les Mills Jnr

Choreography & Music – Les Mills Jnr

Chief Creative Officer – Dr Jackie Mills

Product Manager – Chris Richardson

Technical Consultant – Bryce Hastings

Program Planner – Tenille Graham

Presenter – Khiran Huston

1 Dark

1/1 = 95rpm

I Wonder 4:03 mins

1

SET THE SCENE:

Level 1 - Let's find our rhythm and get really warm really fast.

PROFILE:

40 second speed
40 second climb, 15 second speed - x2

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	0:00	5x8	Seated Recovery	Light	1/2	Get some energy in the room - "Are we ready to ride! There are 10 levels to complete. Let's enter the structure"
	0:25	2x8	Sit	+	1/2 - 3/4	Use simple PRP coaching - Position, Resistance, Pace - "Find the handlebars, resistance is light, relax the shoulders, hips back and still, find the beat"
	0:35	8x8	Sit		1/1	
	1:15	3x8	Sit		1/1	Front load your coaching in preparation to Stand - "After we roll through the corners we get ready to Stand. Add good tension under-foot and we Stand we try to catch the rhythm"
	1:30	1x8	Sit	Moderate +	1/1	
	1:35	4x8	Stand		1/1 opt 3/4	"Chest up. Belly is tight"
	1:55	4x8	Sit		1/1 opt 3/4	"When we Sit try to hold the resistance and the leg speed" - note the Inclusive and Suggestive language
	2:15	3x8	Sit	Light +	1/1	We maintain the 1/1 tempo BUT we change the muscular feel by slightly reducing resistance...oh and Silence!
2	2:30	4x8	Sit		3/4	Great chance to Check In with your riders before you front load coaching to Stand
	2:50	1x8	Sit	Moderate +	1/1	
	2:55	4x8	Stand		1/1 opt 3/4	"Pick up the knees. Push away from the handlebars"
	3:15	4x8	Sit		1/1 opt 3/4	"Good connection with the muscles, with the gears"
	3:35	2x8	Sit	Light +	1/1	
	3:45	2x8	Sit		1/1 - 1/2	Slow down and coast into the recovery
	3:55	1½x8	Seated Recovery	Light	1/2	Tip - at the end of each track we stay on the handlebars until we enter the triangular exit

TRACK TIP

The downhills are light and easy, but the uphill are designed to engage riders physically and mentally. It's a brief taste of the challenge ahead and it will make everyone pay attention. Keep your voice energetic, lifted, and excited, but don't go too hard, rough, or over the top.

2 Silver

1/1 = 150rpm

Carmalude 3:58 mins

2

SET THE SCENE:

Let's rise up to Level 2 - We're looking for a good balance of Resistance and Pace

PROFILE:

30 second climb, 30 second speed - x2
60 second climb

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	4:03	4x8	Seated Recovery	Light	1/4	Tip - at the start of each track stay in Seated Recovery until the HUD (Heads Up Display) disappears and the doors open
	4:16	4x8	Sit		1/2	Quick cues for Position and Pace then spend time hooking riders into the shift of resistance from Moderate to Heavy in readiness to Stand
	4:29	4x8	Sit	Moderate	1/2	
	4:41	4x8	Stand	Heavy	1/2	Focus on Hip Position, especially staying back in the saddle when you sit. Notice how Khiran uses her voice in this section, its lifted but calm, which contrasts nicely to the higher and quicker cues in the next fast phase
	4:54	2x8	Sit		1/2	
	5:01	2x8	Sit	Moderate	1/2 - 3/4	"Hand on resistance, back off a little, and...fast!"
	5:07	3x8	Sit		3/4+ opt 1/1	"Roll into the corners. As quick as you can"
	5:17	1x8	Sit		3/4	"Whoa. Slow. Fast!"
	5:20	3x8	Sit		3/4+ opt 1/1	"Hips are forward and toes are down"
2	5:29	1x8	Sit		3/4	
	5:33	4x8	Sit		1/2	Check in before you describe the resistance feel for the next climb
	5:45	4x8	Stand	Heavy	1/2	
	5:58	2x8	Sit		1/2	"Keep challenging the legs to stay on beat"
	6:05	2x8	Sit	Moderate	1/2 - 3/4	
	6:11	3x8	Sit		3/4+ opt 1/1	"Try and catch the beat this time"
	6:21	1x8	Sit		3/4	
	6:24	3x8	Sit		3/4+ opt 1/1	The intention is to ride fast with control. Don't expect everyone, including yourself, to consistently ride 150 rpm. You want to create brief moments where riders may catch the beat, hence the 3/4+ opt 1/1 Pace description
	6:33	1x8	Sit		3/4	
	6:37	2x8	Sit		3/4+ opt 1/1	

2 Silver

1/1 = 150rpm

Carmalude 3:58 mins

2

3	6:43	2x8	Sit	+	1/2	Quick transition. Practice your timing and coach it real time i.e. as it happens This final section should be physically challenging. Coach it simply with a couple of positional cues, and most importantly 1 or 2 time cues - "Halfway. 30 seconds left" - your voice should be energetic with a bit of drive, however leave lots of space for riders to take in the Music & Visuals
	6:49	4x8	Stand	Heavy	1/2	
	7:02	4x8	Sit		1/2	
	7:15	4x8	Stand	Heavy	1/2	
	7:28	4x8	Sit		1/2	
	7:41	5½x8	Sit	Light	1/4	

TRACK TIP

There are some quick transitions so practice the timing of your Coaching with the shifts in the Music & Visuals. Clear, vibrant, and urgent cueing will keep everyone on their toes and lift the energy from the previous track.

3 Gold

1/1 = 145rpm

No More 4:11 mins

3

SET THE SCENE:

We move up - the climbs are stronger and the downhill's are faster

PROFILE:

15 second climb, 30 second speed, 15 second climb - x2
15 second climb, 30 second speed, 40 second climb

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	7:59	4x8	Seated Recovery	Light	1/4	Set The Scene
	8:12	4x8	Sit		1/2	
	8:25	4x8	Sit	Heavy	1/2	"Tension is Building. Muscles are fired up!"
	8:38	7x8	Sit	Moderate	3/4+ opt 1/1	Structure of coaching is very similar to track 2 but the shift in energy is huge. Be sure to make the contrast noticeable
	9:02	1x8	Sit	Heavy +	3/4 - 1/2	Quick transition to Stand so coach it real time like you did in track 2
	9:05	4x8	Stand		1/2	Peak of the Block so ensure you are physically nailing it. Your riders should hear the effort in your voice
2	9:18	4x8	Sit	Light	1/2	
	9:31	4x8	Sit	Heavy	1/2	Describe the feeling
	9:45	7x8	Sit	Moderate	3/4+ opt 1/1	"Toes are down. Hips are Forward. Quicker"
	10:08	1x8	Sit	Heavy +	3/4 - 1/2	
	10:11	4x8	Stand		1/2	"Keep the chest lifted. Keep breathing"
3	10:24	8x8	Seated Recovery	Light	1/4	"Its that synergy between the muscle feel and the leg speed. Can you feel it?"
	10:51	4x8	Sit	Heavy	1/2	"Keep nudging the gear until it pulls your muscles in, until you have to work harder"
	11:04	7x8	Sit	Moderate	3/4+ opt 1/1	"There's the beat. Catch it. Fast feet"
	11:27	1x8	Sit	Heavy +	3/4 - 1/2	
	11:31	12x8	Stand		1/2	"40 seconds to the top. Keep challenging the legs all the way. Stay in the workout zone"

TRACK TIP

This track is similar to track 2, but the Music & Visuals contrast dramatically and naturally lift the energy. Match your delivery to this shift by getting Athletic & Animated as well as varying vocal tone and speed of words.

4 Pyramid 1

1/1 = 140rpm

Unseen 4:53 mins

4

SET THE SCENE:

Pyramid Challenge - 9 high intensity efforts

PROFILE:

10, 15, 20, 25, 30, 25, 20, 15, 10 second max efforts with 10 seconds recovery inbetween

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	12:12	6x8	Seated Recovery	Light	1/4	"We go light and quick up to heavy and strong, then back down to light and quick"
1	12:32	3x8	Sit		1/2	"10 seconds, light resistance, as fast as we can"
	12:43	3x8	Sit		1/1+	
2	12:53	2½x8	Sit	+	3/4	"15 seconds, a little more resistance, speed"
	13:01	5x8	Sit		1/1+	"We are riding as fast as we can"
3	13:18	2½x8	Sit	Moderate	1/2	"20 seconds, moderate resistance, feel power in the saddle"
	13:27	6x8	Sit		1/2+	"Power tempo on or above the beat"
4	13:48	2½x8	Sit	+	1/4	"25 seconds, add more, we Stand"
	13:56	8x8	Stand		1/2+	
5	14:24	2½x8	Standing Recovery	Heavy	1/4	"30 seconds, the heaviest hardest toughest resistance"
	14:32	9x8	Stand		1/2	"Shift your weight side to side"
6	15:03	2½x8	Standing Recovery	-	1/4	"Be careful, resistance back just a little"
	15:12	8x8	Stand		1/2+	
7	15:39	2½x8	Sit	Moderate	1/2	"20 seconds, back off a little, moderate resistance, sit for power"
	15:48	6x8	Sit		1/2+	
8	16:08	2½x8	Sit	-	1/2	"15 seconds, slight reduction, as fast as we can"
	16:17	5x8	Sit		1/1+	
9	16:34	2½x8	Sit	Light	3/4	"10 seconds, light resistance, as fast as we can"
	16:43	3x8	Sit		1/1+	
OUTRO	16:53	3x8	Seated Recovery		1/2 - 1/4	

TRACK TIP

Be consistent throughout the entire track as you cue each Block i.e. Time, Resistance, Pace e.g. 10 seconds, Light Resistance, as fast as you can

5 Spirals

1/1 = 130rpm

God Walked Down 3:43 mins

5

SET THE SCENE:

Time to freshen up

PROFILE:

30 second speed flush - x2

30 second climb - x2

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	17:04	5x8	Seated Recovery	Light	1/4	"Notice the two spirals at the end?"
1	17:21	2x8	Sit		1/2	Medium to fast Pace. Just let your riders vibe out
	17:28	8x8	Sit	+	3/4 opt 1/1	
	17:58	8x8	Sit		1/2	
	18:28	8x8	Sit	Moderate	3/4 opt 1/1	
2	18:58	8x8	Seated Recovery		1/2	"Let's find some tension underfoot"
	19:27	8x8	Stand	+	1/2	"Right leg leads, drop the right shoulder, firm grip with the left hand"
	19:57	4x8	Standing Recovery		1/4	"Here we go! Left leg leads. Straighten the right arm, drop the left elbow"
	20:12	8x8	Stand		1/2	
	20:42	2x8	Standing Recovery		1/4	

TRACK TIP

Create the contrast from the previous track. Stay positive, enthusiastic, and light with heaps of space through the first Block. Once you hit the bump up the energy and have some fun.

6 Lights

1/1 = 124rpm

In2 6:23 mins

6

SET THE SCENE:

Let's get back into our workout zone with some big climbs and beautiful beats

PROFILE:

30, 60, and 120 second climbs

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	20:49	4x8	Seated Recovery	Light	1/4	Remain calm and smooth Bring some buzz to your voice as you get closer to the top and the Music & Visuals shift
	21:07	4x8	Sit	Moderate	1/2	
	21:22	4x8	Stand	Heavy	1/2	
	21:38	4x8	Sit		1/2	
2	21:53	8x8	Seated Recovery	Light	1/4	"Just allow your eyes to follow the road" - use this cue when the lights are down so its easier to follow the road Ensure you remain on the 1/2 tempo as we roll down the other side and build resistance before we Stand Keep cues simple and allow the Music & Visuals to do most of the work for you "To drive intensity, if you want it, add a gear"
	22:24	4x8	Sit	Moderate	1/2	
	22:40	4x8	Sit	+	1/2	
	22:55	4x8	Stand	Heavy	1/2	
	23:11	4x8	Sit		1/2	
	23:26	4x8	Stand	opt +	1/2	
	23:42	4x8	Sit		1/2	
3	23:57	8x8	Seated Recovery	Light	1/4	"Music is energy" This is a 2 minute climb so its super challenging - be sure to provide the option of the gear when we Stand for those wanting to challenge themselves Throughout the first half of this climb maintain a light, lifted, energetic voice - this will lure your riders into the experience without bringing too much attention to the intensity. This will change in the second half however! "Halfway" Voice starts to shift here - get grittier, more driving, and demanding Accelerate over the last 2x8s
	24:28	4x8	Sit	Moderate	1/2	
	24:44	4x8	Sit	+	1/2	
	24:59	4x8	Stand	Heavy	1/2	
	25:15	4x8	Sit		1/2	
	25:30	4x8	Stand	opt +	1/2	
	25:45	4x8	Sit		1/2	
	26:01	4x8	Stand	opt +	1/2	
	26:16	4x8	Sit		1/2	
	26:32	4x8	Stand	opt +	1/2	
	26:47	4x8	Sit		1/2 opt 3/4	
	27:03	1½x8	Sit	Light	1/4	

TRACK TIP

This track is an evolution of intensity which naturally builds over the duration of the three climbs. Don't go too big too soon so you have somewhere to take it. This is a good opportunity to remind yourself you are "leading a cool intense workout, and immersing your friends in a virtual world"

7 Speed

1/1 = 150rpm

GoGo! 3:12 mins

7

SET THE SCENE:

We are going to go crazy fast

PROFILE:

30, 30, 50 seconds speed

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	27:09	8x8	Seated Recovery	Light	1/4	"The test is to go faster than the speed of lights" Coach riders to surge up onto the beat. Use an urgent voice and speak quickly
	27:34	4x8	Sit		1/2 to 3/4	
	27:47	8x8	Sit		3/4+ opt 1/1	
2	28:13	4x8	Sit		3/4	Coach the option to adjust the gear. As fast as possible with control "Speed is supernova"
	28:26	4x8	Seated Recovery	opt +	1/2 to 3/4	
	28:38	8x8	Sit		3/4+ opt 1/1	
3	29:04	6x8	Sit		3/4	Tip - in all 3 blocks we stay on the handlebars until we are out of the hexagons "One more time. One more chance. One more opportunity" Twice as long now, from 25 to 50 seconds. Will you warn your riders or simply let them experience it?
	29:23	2x8	Seated Recovery	opt +/-	1/2 to 3/4	
	29:30	16x8	Sit		3/4+ opt 1/1	
	30:21	½x8	Sit	Light	1/2	

TRACK TIP

Super challenging and taxing on the body. Inspire riders by remaining Athletic & Animated throughout - super focused and engaged during the speed phases, and then the body language shifts to be more relaxed during the recoveries.

8 Loops

1/1 = 153rpm

You & Me 4:02 mins

8

SET THE SCENE:

We are going to ride the loops

PROFILE:

25 second climb, 25 seconds speed - x2

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	30:23	4x8	Sit	Light	1/2 to 1/4	This track starts with the Visuals from the previous track
	30:35	6x8	Seated Recovery		1/4	Get excited!
	30:54	2x8	Sit		1/2	
	31:00	4x8	Sit	Moderate	1/2	
	31:13	4x8	Sit	+	1/2	Similar to track 6 - stay on 1/2 tempo as we build resistance before we Stand
	31:25	8x8	Stand	Heavy	1/2	"Twist outside"
	31:51	8x8	Sit	Moderate	3/4+ opt 1/1	"Twist inside"
	32:16	4x8	Sit	Light	3/4	
2	32:28	4x8	Seated Recovery		1/4	Prepare to repeat the effort - really drive and motivate your riders through this one and hype up the music!
	32:41	4x8	Sit	Moderate	1/2	
	32:53	4x8	Sit	+	1/2	"THE TRIP is designed to make you feel good"
	33:06	8x8	Stand	Heavy	1/2	"Up. Around. Over the top"
	33:31	8x8	Sit	Moderate	3/4+ opt 1/1	
	33:56	8x8	Sit	Light	3/4 to 1/4	

TRACK TIP

This track is between two intense tracks so the trick is to keep the energy high without driving too much intensity. If you smash them in this track they will have nothing left for the final Pyramid track and you risk them leaving the experience on a low. So focus on the thrill of the loops and let them hear it in your voice

9 Pyramid 2

1/1 = 140rpm

Unseen 5:12 mins

9

SET THE SCENE:

Pyramid Challenge - 9 high intensity efforts

PROFILE:

30, 25, 20, 15, 10, 15, 20, 25, 30 second max efforts with 10 seconds recovery between each

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
INTRO	34:24	4x8	Seated Recovery	Light	1/4	"We are going to flip it. We start hard and heavy, work back to light and quick, then back to heavy again"
1	34:37	5x8	Standing Recovery	Heavy	1/4	"30 seconds. Heaviest hardest gear"
	34:54	8½x8	Stand		1/2	"Chest lifted. Abs braced. Stay on the beat"
2	35:24	3x8	Standing Recovery	-	1/4	"Be careful back off just a little"
	35:34	7x8	Stand		1/2+	
3	35:57	2½x8	Sit	Moderate	1/2	"20 seconds, back off a little for Moderate resistance"
	36:10	5½x8	Sit		1/2+	"Pump the knees"
4	36:29	3x8	Sit	-	1/2	"15 seconds as fast as we can"
	36:39	4x8	Sit		1/1+	"Our legs are free"
5	36:54	3x8	Sit	Light	1/2	
	37:04	2x8	Sit		1/1+	
6	37:13	3x8	Sit	+	1/2	"We are making our way back up to Heavy"
	37:23	4x8	Sit		1/1+	
7	37:38	2½x8	Sit	Moderate	1/2	"20 seconds, Moderate resistance, some power in the seat"
	37:49	5½x8	Sit		1/2+	
8	38:08	3x8	Standing Recovery	+	1/4	"Stand. Power up now"
	38:18	7x8	Stand		1/2+	"Challenge the legs. Challenge the heart"
9	38:42	3½x8	Standing Recovery	Heavy	1/4	"30 seconds. Last one. The heaviest, hardest, toughest gear"
	38:54	8½x8	Stand		1/1	
OUTRO	39:24	4x8	Seated Recovery	Light	1/4	Let everyone hear the relief in your voice - "Wooooo! We crushed it"

TRACK TIP

Be consistent throughout the entire track as you cue each Block i.e. Time, Resistance, Pace e.g. 10 seconds, Light Resistance, as fast as you can

10 Chill

1/1 = 134rpm

Ha Ha Ha Ha 2:15 mins

10

SET THE SCENE:

Let's just vibe out

PROFILE:

25 second flush, 15 second easy climb, 25 second flush

BLOCK	TIME	COUNTS	POSITION	RESISTANCE	PACE	COACHING & TIPS
1	39:37	4x8	Seated Recovery	Light	1/2 - 1/2+	"What a workout. What a trip" Gentle accelerations as we ride up, and bit slower as we ride down
	39:51	4x8	Sit		3/4	
	40:05	2x8	Sit	+	1/2	
	40:13	7x8	Sit		3/4 opt 1/1	
2	40:38	4x8	Sit	Moderate	1/2	"Just enough to Stand on" "Up onto the beat. Accelerate"
	40:52	4x8	Stand	+	1/2	
	41:06	2x8	Sit	Moderate	1/2	
	41:13	9x8	Sit		3/4 opt 1/1	
	41:45	1x8	Sit	Light	1/2	

TRACK TIP

Big blocks of silence to just let everyone ride out, and vibe out to a great song. This gives our riders a chance to let their minds wander and relax after an intense workout.

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