

RPM 70: 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
Track 8	Ride Home/Stretch
TOTAL TIME 57:08	

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

30 MINUTES

Track 1	Pack Ride
Track 3	Hills
Track 4	Mixed Terrain
Track 5	Intervals
Track 8	Ride Home/Stretch
TOTAL TIME 27:23	

CREDITS

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KEY

B up build up	PACE
Br bridge (non-chorus)	rpm Revolutions per minute
C chorus	1/2 SLOW – riding on the half beat
cts musical counts	3/4 MEDIUM – riding on the 3/4 beat
HR heart rate	3/4+ BUILDING – riding just under the beat
Instr instrumental	1/1 ON THE BEAT
Intro introduction	1/4 Riding on the 1/4 beat
mins minutes	1/2 – 3/4 Building pace just over 1/2 pace
Outro last few bars of music	1/1+ A little faster than rpm
PC pre-chorus	RESISTANCE
QC quiet chorus	A Attack Resistance – initial resistance used for Track 5
Ref refrain (recurring phrase or number of song lines)	B Base Resistance – minimum resistance used in class
	C Climbing Resistance – initial resistance used for climbing
Synth synthesizer	R Racing Resistance – resistance used for sprinting
Tempo normal pace of the music	R Add more than Racing Resistance
V verse	↘ R Reduce to Racing Resistance
	● Maintain resistance
	↗ Increase resistance
	↘ Decrease resistance

PHYSICAL INTENSITY

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

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TRACK NAME	SONG TITLE	ARTIST	
1	PACK RIDE I Don't Like it, I Love it © 2015 Atlantic Corporation for the United States & WEA International Inc. for the World outside the United States. A Warner Music Group Company. Written by: Sanderson, Judrin, Melki, Chirescu, Isaac, Early, Luttrell, Troelsen, Dillard, Izquierdo	Flo Rida feat. Robin Thicke & Verdine White	3:47
		Flo Rida feat. Robin Thicke & Verdine White	1:57
2	PACE SummerThing! Courtesy of the Universal Music Group. Written by: Wall, Wong, Taylor	Afrojack feat. Mike Taylor	3:45
		Afrojack feat. Mike Taylor	1:17
3	HILLS Blaze The Fire (Rah!) [Sub Zero Remix] © 2012 Hospital Records Limited www.hospitalrecords.com . Written by: Byrd, Levy	Danny Byrd feat. General Levy	5:56
4	MIXED TERRAIN Ready © 2015 B-Unique records (UK) Limited. Under exclusive License to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Garrigan, Prendergast, Boland	Kodaline	2:48
		Kodaline	2:48
5	INTERVALS This Goes Out To You Courtesy of the Universal Music Group. Written by: Sandoval, Curiel, Daniels, Bernardo	P.O.D	3:08
		P.O.D	3:09
6	SPEED WORK Zero Gravity © 2015 SpinninRecords.com, under exclusive license to Hush Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: Borge, Poxleitner, Miller, Tacos, Clow, Caporaso	Borgeous feat. Lights	6:12
7	MOUNTAIN CLIMB Sparks After The Sunset (Rafael Frost Remix) © 2015 Xelon Entertainment www.xelonentertainment.com Licensed courtesy of Xelon Entertainment PTY LTD Written by: Bossems, Terhoeven, Broekhuysen, Lynn, Russell	Cosmic Gate & Sarah Lynn	6:23
8	RIDE HOME/STRETCH Not Letting Go © 2015 The copyright in this sound recording is owned by Disturbing London Records Limited under exclusive licence to Parlophone Records Ltd, a Warner Music Group Company. Produced Under License From Parlophone Records Ltd, a Warner Music Group Company. Written by: Jackson, Bennett, Glynne, Murray, Okogwu, Keane, Jankel	Tinie Tempah feat. Jess Glynne	3:50
9	OUTRO Loud Places © 2015 Young Turks Recordings Ltd. Written by: Madley, Smith, Nowels, Matthews, Sarafino, Croft	Jamie xx feat. Romy	4:43

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1 PACK RIDE 1/1=118rpm

I Don't Like It, I Love It > 5:44 mins

1

TRACK FOCUS

- Engage and encourage your class using this fun song to prepare them for the workout.
- Teach the choreography by coaching the basics of PRP: Position, Resistance and Pace.

PROFILE

Warm up the body with 4 blocks of work: 2x short efforts on Pace and 2x longer efforts of mixed pace with Racing Resistance.

BLOCK		MUSIC	POSITION	PAGE	RESISTANCE	PI
1	0:05	Intro	2x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	•	
	0:13	V1 I don't like it	4x8 Ride Easy	1/2	B	
	0:29	C Do do do	4x8 Ride Easy	1/1	•	
2	0:46	V2 All out	8x8 Ride Easy	3/4	•	
	1:18	PC I don't like it	4x8 Ride Easy	1/2	R	
	1:34	C Do do do	4x8 Racing	1/1	•	
3	1:51	V3 All night	8x8 Ride Easy	3/4	↘	
	2:23	PC I don't like it	4x8 Ride Easy	1/2	R	
	2:39	C Do do do	4x8 Racing	1/1	•	
	2:56	V4 Meet me	4x8 Ride Easy	3/4	•	
	3:12	C Do do do	8x8 Racing	1/1	•	
4	3:44	Br	½x8 Transition	1/1–3/4	•	
	3:47	V5 All night	28x8 Repeat BLOCK 3			
					↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Position

Set up your class in a comfortable riding position

- Ride Easy – **hands shoulder-width, elbows in, chest up, butt back in the saddle**
- Base Resistance – **light resistance in the legs**

2 LAYER 1

Resistance/Pace

Coach Racing Resistance and the different leg speeds.

- Medium Pace – **a comfortable leg speed to allow the body to warm up gradually**
- Slow Pace – **turn the Racing Resistance on, feeling that gear push back at you**
- Racing – **relax the arms, drop the shoulders and soften the grip on the handlebars**
- On the beat, 1, 2, 1, 2, 1

3 LAYER 2

Resistance/Pace

Reset Racing Resistance and give cues that describe how they should be feeling. Clearly explain the pace changes and emphasize holding the load!

- Slow the legs 1/2 pace with Racing Resistance – **that's the tension where the legs start to work a little harder**
- Hold Racing Resistance, **slow the legs, back to Ride Easy – medium pace**
- Racing, **back on pace**

4 LAYER 3

Inspire/Motivate

Inspire your class for the ride ahead, and ensure that be sure that they are ready for the workout.

- Speed up the legs, **drive a little harder**
- Track 2's coming – **be ready for it!**

CONNECTION

As the intensity is low, this track is largely about connection. It's less about the coaching and more about welcoming your class. Use lots of smiles and connection to the scene for the workout ahead.

2 PACE 1/1=134rpm

SummerThing! > 5:02 mins

2

TRACK FOCUS

- Highlight the 2x Standing Attacks.
- Coach your riders to find maximum intensity in the last 15 seconds of each block.

PROFILE

4x 15-second efforts: 2x seated sprints and 2x Standing Attacks.

BLOCK	MUSIC			POSITION	PACE	RESISTANCE	PI
Intro	0:00	Intro	2x8	Ride Easy	1/2	C🔊	E
1	0:08	V1 I don't wanna	4x8	Standing Climb	1/2	•	M
	0:22	I don't wanna	4x8	Standing Climb	1/2	↗	
	0:36	PC Stole my	4x8	Power Climb	1/2	•	
	0:50	Fall in the	4x8	Power Climb	3/4	•	H
	1:05	Instr (Heavy)	4x8	Racing (Forward)	1/1	↘ to R🔊	
2	1:20	V2 This this ain't	20x8	Repeat BLOCK 1			
3	2:31	V3 I will always	4x8	Seated Recovery, Shake Arms, Shoulder Roll	1/2	•	E
	2:46	I will always	4x8	Standing Climb	1/2	A🔊	M
	3:00	PC Stole my	4x8	Standing Climb	1/4	•	
	3:14	Fall in the	4x8	Standing Climb	1/2	•	
	3:29	Instr (Heavy)	4x8	Standing Attack	3/4	•	H
4	3:42	Br	½x8	Transition	3/4–1/2	↘	E
	3:44	V4 I will always	20x8	Repeat BLOCK 3			
						↘ to B🔊	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

As it's our first climb of the class, use clear Resistance and Position Cues. Hold resistance in the Power Climb, then build pace with that load, reduce to Racing Resistance, and sprint as fast as you can for 15 seconds. Coach the basic sprinting cues.

- Heavy turn, climbing load
- Standing Climb – **light grip on the handlebars, chest up, butt back**
- Power Climb – hold resistance, **butt back, build pace**
- Gear change back to Racing Resistance
- Racing – **slide forward on the saddle, toes down**

2 LAYER 2

Position/Pace

Identical choreography to Block 1. Coach your class through the changes and explain how they can improve riding technique.

- Heavy load – Climbing Resistance
- Standing Climb – **use your body weight; side to side**
- Little strength work in the seat, hold the load, butt back in the saddle – bring in the your hamstrings more. Now build pace
- **Slide forward**, dip the toes, creating small fast circles with the feet to help the legs turn fast!

3 LAYERS 1 & 2

Resistance/Physical Intensity

This block has a 15-second Standing Attack. The most important thing to coach is Attack Resistance, which will improve your control for the standing ride at speed.

- Moderate to heavy resistance – Attack Resistance
- Slow down – have you got enough load on?
- Standing Attack – **chest up, lean in**
- Burn out!

4 LAYER 3

Inspire/Motivate

Last block, motivate your class to finish the track with the same effort they began it with, using a driving, more intense voice.

- Are you with me?
- As hard as you can go!
- KICK IT!

3 HILLS 1/1=87rpm

Blaze The Fire > 5:56 mins

3

TRACK FOCUS

- Highlight the faster pace using visual and vocal cues.
- Coach the climb with clarity by cueing Resistance and Pace.

PROFILE

4x efforts – 1x short effort to set Position and Resistance, then 3x identical 90-second efforts.

BLOCK		MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00	Intro	4x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	B	E
	0:10	Instr Yo _	4x8 Ride Easy	1/1	R	
	0:22	(Rap)	4x8 Standing Climb	1/1	C	M
	0:33	(Windup)	4x8 Standing Climb	1/1		
2	0:44	(Downbeat)	8x8 Power Climb	1/1	• or	
	1:05	(Bleeps)	4x8 Standing Climb	1/1		
	1:17	Ref Rah rah	4x8 Standing Attack	1/1	•	
	1:28	(Downbeat)	8x8 Power Climb	1/1	• or	H
	1:50	(Synth)	4x8 Standing Climb	1/1		
	2:01	(Electric synth)	4x8 Standing Attack	1/1	•	
3	2:12	(Low)	8x8 Seated Recovery	1/2		E
	2:33	(Downbeat)	8x8 Power Climb	1/1		M
	2:56	(Bleeps)	4x8 Standing Climb	1/1		
	3:06	Ref Rah rah	4x8 Standing Attack	1/1	•	
	3:17	(Downbeat)	8x8 Power Climb	1/1	• or	H
	3:40	(Synth)	4x8 Standing Climb	1/1		
4	3:50	(Electric synth)	4x8 Standing Attack	1/1	•	
	4:01	(Low)	40x8 Repeat BLOCK 3			
					to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Set your class up with great technique by coaching correct Pace, Resistance and Position.

- *Climbing Resistance – heavy turn*
- *Standing Climb – light grip on the handlebars, chest up, butt touching the saddle*

2 LAYER 1

Position/Resistance/Pace

Provide the option to reduce resistance in the Power Climb. Explain the track terrain: 3x identical 90-second efforts. Clearly emphasize Resistance and Pace, as the intensity is generated by the combination of these factors.

- *Power Climb – butt back in the saddle, option to reduce resistance*
- *Standing Climb – chest up – don't lean on the handlebars! Lift up*
- *Standing Attack – hips forward, brace the abs*
- *Starting to feel intensity now?*
- *20 seconds standing to the break!*

3 LAYER 2

Physical Intensity

Emphasize the short recovery in Ride Easy, then reset Resistance and Pace to bring everyone back into the intensity. Use references to time to motivate riders to reach the recovery. Provide the option to reduce Resistance in the Power Climb, if it is needed.

- *High intensity without the heavy load, fast-paced long-duration efforts*
- *90 seconds – let's do it again!*

4 LAYER 3

Inspire/Motivate

This last block is identical to the previous one. Help your riders finish this challenging track by motivating and inspiring them by the way you ride. Show them that you are working hard yourself. After all, there's nothing more inspiring than seeing an athlete do their thing! What will you do? What will you say?

- *Have you got one more in you? Of course you have!*

4 MIXED TERRAIN 1/1=134rpm

Ready > 5:36 mins

4

TRACK FOCUS

- Encourage your riders to hold back in Blocks 2 and 3 during the 3/4+ phases.
- Sell the benefits of building into pace – making the speed and intensity more achievable.

PROFILE

4x efforts of work, alternating between fast flats and climbs.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 V1 – You tell	6x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	B	E
	0:21 I've been so	8x8 Ride Easy	3/4	R	
	0:50 C _ I'm ready	4x8 Racing (Forward)	1/1	•	H
2	1:04 V2 Look me in	4x8 Standing Climb	1/2	C	M
	1:18 Yeah I'm	4x8 Standing Climb	1/2	↗	
	1:33 Fall, we	4x8 Power Climb	1/2–3/4	•	
	1:46 C _ I'm ready	8x8 Racing	3/4+	↘ to R	
	2:16 Ooohhhh	8x8 Racing (Forward)	1/1	•	H
3	2:44 Br	1x8 Transition	1/2	C	E
	2:47 V3 Look me in	28x8 Repeat BLOCK 2			
4	4:28 Rep _ I'm ready	4x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	•	E
	4:42 C _ I'm ready	12x8 Racing (Forward)	1/1	•	H
	5:26 Outro	2x8 Ride Easy	1/2	•	E
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Resistance/Pace

Coach recovery first, then coach the Racing Resistance needed to ride fast.

- Find your Racing Resistance
- Racing – **hands wide, relax the arms, shoulders down, hips forward in the saddle, toes down, brace the abs**

2 LAYER 1

Position/Resistance/Pace

Cue changes clearly using PRP: Position, Resistance and Pace. Standing Climb is easy, then the intensity builds in the Power Climb as you increase the speed. In the first 8x8 of Racing, coach your class to sit just under the beat of the music. The last 8x8 is where you want to use top gas and sprint! Use sprinting cues to help everyone ride on the beat with success.

- Standing Climb – **shift your body weight side to side**, to alternate the working muscles
- Power Climb – **butt back**, speed up, make the switch between slow to medium to fast!
- Once we've got the legs going I want you to hold back, staying just under the beat
- We're going to find top pace, **slide forward on the saddle** – move into top pace

3 LAYER 2

Pace

Your class has already experienced the progressive build of speed; now they are familiar with the choreography, they can put in greater effort to sustain the full 30 seconds of 1/1. Use follow up cues that will help them to ride better, faster

- We're going to do that again – this time we are looking for quality not quantity
- Show me the switch from slow to medium pace
- Reduce to Racing load but hold back, remember. Feel the engine firing, you know you've got more in the tank. I want 30 seconds of quality speed
- Legs go faster, heart rate rises higher – feel quicker!

4 LAYER 3

Motivation

Last block, there's a short 15-second recovery, then we hammer the final 45 seconds to the finish. Motivate your class by using lots of praise and inclusive encouragement.

- Short recovery
- How's your riding partner?
- We're going in for 45 seconds
- If it's taking that bit longer to catch the beat, that's OK, take as long as you need to but the last 15 seconds everyone's in!

5 INTERVALS 1/1=89rpm

SMARTSTART

This Goes Out To You > 6:17 mins

5

TRACK FOCUS

- Highlight the options in the Attacks.
- Option one – stay on the beat in the Attacks.
- Option two – ride a bit quicker!

PROFILE

6x efforts. The first one establishes the choreography then in the next 5 we can option to ride faster in the Standing Attacks.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro	4x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	B	E
	0:11 Instr (Heavy)	8x8 Ride Easy	1/1	R	
	0:32 V1 I've been	4x8 Ride Easy	1/1	A	
	0:43 I ain't gonna	4x8 Ride Easy	1/1	•	M
	0:54 C Hey you	1x8 4x Standing Attack Combo Standing Attack	1/1	•	H
	0:57 _ This goes	1x8 Racing	1/1	•	
	0:59 You	1x8 Standing Attack	1/1	•	
	1:02 For all	1x8 Racing	1/1	•	
	1:05 Hey	1x8 Standing Attack	1/1	↗	
	1:07 _ This goes	1x8 Racing	1/1	•	
	1:10 You	1x8 Standing Attack	1/1	•	
	1:12 And all	1x8 Racing	1/1	•	
2	1:14 V2 All sold out	4x8 Ride Easy	1/1	↘	E
	1:26 I want you	4x8 Ride Easy	1/1	•	H
	1:37 C Hey you	8x8 4x Standing Attack Combo Option: 1/1+ in Standing Attack	1/1	A	
3	1:58 Instr (Guitar)	4x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	•	E
	2:09 _ You're my one	4x8 Racing	1/1	•	M
	2:19 (Low B up)	3x8 Standing Recovery	1/2	↗	
	2:27 C Hey you	14x8 7x Standing Attack Combo Last 1x8, remain in Standing Attack Option: 1/1+ in Standing Attack	1/1	A	H
4	3:05 Br You	1x8 Transition	1/1–1/2	↘	E
	3:40 V3 I've been	28x8 Repeat BLOCK 1 Option: 1/1+ in Standing Attack			
5	4:23 V4 All sold out	16x8 Repeat BLOCK 2 Option: 1/1+ in Standing Attack			
6	5:06 Instr (Guitar)	25x8 Repeat BLOCK 3 Option: 1/1+ in Standing Attack			
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance/Pace

Find Attack Resistance: a moderate to heavy gear, somewhere between Racing and Climbing Resistance. The phases are short with fast changes, so just coach Position, using concise cues

- *Attack Resistance – heavy in the legs; we want a resistance which will challenge the legs*
- *Standing Attack – chest up, hips forward, brace belly*
- *Racing – hips back, grip bars, body still*

2 LAYER 2

Pace

Explain there's an option to work harder and get more out of this track by riding 1/1+ in each of the Standing Attacks. In Racing, the pace is back on 1/1.

- *Recovery – reduce resistance as much as you need to, but stay on the beat*
- *Two choices now – when you attack you can stay on the beat or go quicker!*
- *Standing Attack – hips forward to switch on the quads, they are our big muscles*
- *Racing – butt back, push pull*
- *Option to go quicker or stay on the beat*

3 LAYER 2

Physical Intensity

Check that riders are working at the correct intensity. Use Standing Recovery to add more load. Challenge your class to take the option for this set, 7x Attacks! The last attack is Standing Attack for 2x8, instead of 1x8.

- *Standing Recovery – add resistance if you can*
- *Not 4 but 7 ATTACKS!*
- *You should feel your legs! They should be burning!*
- *Come on – you can do this!*

4 & 5 LAYER 2

Resistance/Pace

Halfway! Take the longer recovery, then reset your class with correct Resistance and Pace. Explain to your class how they can work smarter, better and harder!

6 LAYER 3

Motivate/Inspire

Final effort, 7x Attacks and we're done! Be inclusive with your language to get everyone across the finish line.

- *We can do this together!*
- *Everything you've got now! Now's not the time to hold back!*

CONNECTION

This track is challenging, so make sure you keep your connection positive and encouraging. Try connecting with some of the lyrics within the song. "Hey! YOU!", "This goes out to you!", "For all the things you do!"

6 SPEED WORK 1/1=134rpm

Zero Gravity > 6:12 mins

6

TRACK FOCUS

- Be uplifting and motivating by using the music and your voice.
- Clearly coach the 3x sprint efforts using PRP: Position, Resistance and Pace.

PROFILE

3x sprint efforts: 2x 30 seconds, 1x 60 seconds.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro	8x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	B	E
	0:28 (Heavy drum-beat)	8x8 Ride Easy	3/4	↗	
2	0:57 Br	1x8 Transition	1/2	•	M
	1:00 V1 Sometimes	4x8 Standing Climb	1/4	C	
	1:15 You look	4x8 Standing Climb	1/2	↗	
	1:29 PC And oh	4x8 Power Climb	1/2	•	H
	1:43 Instr (B up)	4x8 Power Climb	3/4-3/4+	•	
	1:58 C Nothing	8x8 Racing (Forward)	1/1	↘ to R	
3	2:27 Br	2½x8 Transition	1/1-1/2	•	E
	2:36 V2 You lift me	4x8 Standing Climb	1/4	C	M
	2:50 Weightless	4x8 Standing Climb	1/2	•	
	3:04 PC And oh	4x8 Power Climb	1/2	•	
	3:18 Instr (B up)	4x8 Power Climb	3/4-3/4+	•	H
	3:33 C Nothing	8x8 Racing (Forward)	1/1	↘ to R	
4	4:02 Br	26½x8 Repeat BLOCK 3			
	5:37 Instr (Low)	8x8 Racing (Forward)	1/1	•	H
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Physical Intensity

Allow recovery before the working phase. Coach light resistance and comfortable medium pace.

- *Light resistance and a medium pace*
- *Rest up before we go again*

2 LAYER 1

Resistance/Pace

Coach light Climbing Resistance, then lead your class through the pace changes. Use the sprint cues to help your riders go fast for 30 seconds.

- *Power Climb – 1, 2, 1, 2. Now start to accelerate*
- *Racing – on the beat. Dip your toes, hips forward, light brace through your belly*

3 LAYER 2

Resistance

We repeat Block 2 choreography. Explain to your class why they should ride better in this block, then teach them how to.

- *It's just 30 seconds. Load needs to be heavy to challenge the heart, legs and lungs*
- *Make sure you've got that resistance on. It should be heavy but not too heavy that it slows the legs right down*

4 LAYER 3

Motivate

Final effort, this one's longer – 1 minute. Help your riders to succeed by letting them know it's OK to slow down, but the key is to persist and hang on to the end! Using lots of intrinsic and extrinsic motivational-type cues will help get them through.

- *Power Climb – accelerate, fast twitch – makes you fitter, leaner and faster!*
- *A wee surprise – 30 seconds to go; maintain pace if you can. If you're starting to slow, don't worry, it's about duration now*

7 MOUNTAIN CLIMB 1/1=66rpm

Sparks After The Sunset > 6:23 mins

7

TRACK FOCUS

- Use your body and vocals to match the epic energy of the music.
- Coach the strength endurance climb.

PROFILE

1x short climb, then 2x long strength endurance climbs.

BLOCK	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro	4x8 Seated Recovery Shake Arms, Shoulder Roll	1/2	B	E
	0:15 Instr (Beat)	4x8 Ride Easy	1/1	↗↗	
	0:29 (Distort synth)	4x8 Standing Climb	1/1	C	M
	0:43 (Wind up)	4x8 Standing Climb	1/1	↗	
2	0:58 (Low)	2x8 Standing Recovery	1/4	•	E
	1:05 V1 _ I see the	6x8 Ride Easy	1/1	↘	
	1:27 _ I've been	4x8 Ride Easy	1/1	↗	
	1:42 Through these	4x8 Standing Climb	1/1	↗	M
	1:56 Feel the	4x8 Standing Climb	1/1	↗	
	2:11 Burn	4x8 Standing Climb	1/1	↗	
	2:26 (Windup)	4x8 Standing Climb	1/1+	↗	H
	2:40 (Heavy)	4x8 Standing Climb	1/1	•	
	2:54 (Down windup)	4x8 Power Climb	1/1	•	
	3:09 (Dub)	4x8 Standing Climb	1/1	↗	
	3:24 (Windup)	4x8 Power Climb	1/1	•	
	3:38 (Low synth)	8x8 Standing Climb	1/1	•	
3	4:07 (Low)	4x8 Standing Recovery	1/4	•	E
	4:22 (B up)	4x8 Ride Easy	1/1	↘	
	4:37 (Windup)	4x8 Ride Easy	1/1+	↗	M
	4:51 (Heavy)	4x8 Standing Climb	1/1	↗	H
	5:05 (Down windup)	4x8 Power Climb	1/1	•	
	5:20 (Dub)	4x8 Standing Climb	1/1	↗	
	5:35 (Windup)	4x8 Power Climb	1/1	•	
	5:50 (Low synth)	8x8 Standing Climb	1/1	•	
				↘ to B	

BLOCK OBJECTIVES

1 LAYER 1

Position/Resistance

Prepare your riders to find Climbing Resistance for a 30-second Standing Climb. Just coach the basics of Position and Resistance.

- *It feels heavy, it sounds heavy, make it heavy – slow the legs down and match the rhythm*
- *Standing Climb – lift your chest, hips back*

2 LAYER 2

Physical Intensity

Challenge your class to work hard and to take ownership of their workout.

- *4 gears for you to design your climb – you decide how tough and challenging you want it to be*
- *Once you've set your climb, we're going to climb for 90 seconds*
- *A little power boost, just a little quicker than the beat*
- *How does that feel? Is that the challenge you want – can you take more?*
- *Big challenge – big rewards*

3 LAYER 3

Motivation

This is the last effort of the entire workout so motivate your class to reach the finish. Use intrinsic and extrinsic motivators to help them give it their all and experience satisfaction from their efforts.

- *90 seconds between you and your reward*
- *Yes, the reward belongs to you! Your goal!*
- *Every muscle fiber – do everything you can to keep the pedals moving*
- *Your rewards – your challenge – your fitness*
- *You can't stop now!*

CONNECTION

This song is epic, especially when the beat drops. Do your best to avoid talking too much – let the music do the work! In Blocks 2 and 3, celebrate everyone's effort – the tough stuff is over!

8 RIDE HOME/STRETCH 1/1=102rpm

Not Letting Go > 3:50 mins

8

TRACK FOCUS

Have fun using the lyrics. Celebrate the final moments of the workout with your class.

PROFILE

Recover with light resistance and a comfortable pace.

	MUSIC	POSITION	PACE	RESISTANCE	PI
1	0:00 Intro _ Yes 2½x8	Seated Recovery Shake arms, Shoulder Roll	1/2	B ①	E
	0:12 V1 Ready for 4x8	Ride Easy	3/4	•	
	0:30 Now we're 4x8	Ride Easy	3/4	↗	
	0:49 C You are 8x8	Racing	1/1	•	
2	1:26 V2 Living in 8x8	Ride Easy	3/4	•	E
	2:04 C You are 8x8	Racing	1/1	•	
3	2:42 _ Oi my size 2x8	Transition off the bike, shake legs			E
	2:51 You make 2x8	Standing Quadricep Stretch R			
	3:00 QC You are 2x8	Standing Quadricep Stretch L			
	3:10 C You are 2x8	Standing Gluteal Stretch L			
	3:19 _ Oh oh oh 2x8	Standing Hamstring Stretch L			
	3:29 _ Oh oh oh 2x8	Standing Gluteal Stretch R			
	3:39 Outro 2x8	Standing Hamstring Stretch R			

BLOCK OBJECTIVES

1 LAYER 1

Guide your class through pace and light resistance to flush out the legs, reflecting on the workout they've just completed.

- *Let's ride home and flush out the legs*
- *Light resistance and a comfortable pace*
- *How are you feeling? How was it?*

2 LAYER 2

Educate your class on the importance of this track to complete the workout.

- *We flush out the legs allowing the muscles to recover using a light resistance and a comfortable pace*

3 LAYER 3

Guide your class through each of the stretches explaining where it should be felt.

- *Quad Stretch – knee to knee, lift the chest, you should feel the top of the leg*
- *Glute Stretch – slide the leg on top of the other and sit down, feel the butt stretch*
- *Hamstring Stretch – straighten the front leg, toes down, hips back, feel the back of the leg*

