



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (light guitar)	16	Seated Coast	slow		
V ■ You think I'm pretty	64	Ride	1/1	▲	
PC Let's go ALL the way	32	Ride	1/1		
C YOU make me feel like	64	Race	1/1		
V ■ We drove to Cali	32	Ride	1/1	▲	
PC Let's go ALL the way	32	Ride	1/1		
C YOU make me feel like	64	Race	1/1		
V ■ We drove to Cali	32	Ride	1/1	▲	
PC Let's go ALL the way	32	Ride	1/1		
C YOU make me feel like	64	Race	1/1		
Chg Get your HEART racing in my	32	Race	1/1	▲	
Br (empties)	16	Transition to Standing Climb	1/2	▲	
C YOU make me feel like	64	Standing Climb	1/2R		48s
Chg Get your HEART racing in my	32	Standing Climb	1/2R	▲	to end
Outro (fades)	16	Transition to Ride	slow		

50 Pa 30 Pa 30 Pa 0 St  
30 30 45 60

NOTE

Each rider is to get the body warm up, also use it as an opportunity to define what a ramp is. Point out that it will be recurring frequently in the workout.

→ Define what a Ramp is to give context to the more intense sections later in the workout.



28	70	30
	30	30
	20	30
	45	20
	20	30
	30	20
	0	20
	54	0
	60	0

→ While the resistance is lighter for the quicker pace, participants should still feel resistance on the wheel so the pedaling is in control.

→ This brief pause is an opportunity to regroup before taking off again.

→ Participants should really be feeling the intensity increase by this point.

→ Coach participants to turn up the resistance to slow down the feet. They should not stand until the resistance is appropriate.

**NOTE**

for music during the **Testing Phase of Program Development.**

We were due for a flatter Terrain track. This periodizes the workout and differentiates this track from the more climbing-focused Terrain tracks found in previous releases.

**TEACHING TARGET:** Use this track as an opportunity to coach participants to ride smoothly at a faster pace.

Coach the gradually increasing duration of the Race sections as a means of increasing workout intensity throughout the track.

**P.P.S.** Speed training is a specific type of cycling skill. Many participants will have trouble pedaling fast with proper technique at first; it is important that participants ride with proper technique and build skill over time. Technique should not be sacrificed for pedal speed.



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (drums)	16	Seated Coast	slow		
Inst (synth hit) Whoa, oh, oh	32	Ride	build	▲	
Inst (drums + synth) OH, oh, oh, oh	32	Ride	1/1	▲	
Inst (empties + builds)	1-16 17-32	Transition to Standing Climb Standing Climb	slow build	▲	
MT (synth)	64	Standing Climb	1/1		25s
V Well the SUN comes up	32	Ride (Seated Climb)	1/1	▼	
PC The PEOPLE of the town	20	Ride (Seated Climb)	1/1	▲	
C Well you're TALKIN' 'bout	32	Standing Climb	1/1	▲	38s
MT (synth) Whoa, oh, oh	64	Standing Climb	1/1	▲	
V Well the PREACHER and the	32	Ride (Seated Climb)	1/1	▼	
PC They SAY that the father's	20	Ride (Seated Climb)	1/1	▲	
C Well you're TALKIN' 'bout	32	Standing Climb (option: Ride)	1/1	▲	
MT (synth) Whoa, oh, oh	64	Standing Climb	1/1	▲	
Inst (lighter synth)	32	Ride (Seated Climb)	1/1		
Inst (ADD guitar) Whoa, oh, OH	32	Ride (Seated Climb)	1/1	▲	
Inst (empties + builds)	1-16 17-32	Transition to Standing Climb Standing Climb	slow build	▲	
MT (synth)	64	Standing Climb	1/1		
Chg But EVERYDAY there's a new	32	Ride (Seated Climb)	1/1	▼	
Chg And THOUGH it's a part	32	Ride (Seated Climb)	1/1	▲	
MT (synth)	32	Standing Climb	1/1	▲	47s
MT (synth) Whoa, oh, oh	96	Standing Climb	1/1R		to end

32 st 24 st 24 st 45 45 45 30 st 30 st 30 st 60  
 45 45 45 1 45 '30'  
 10 turn down

3 ramps for last 47s

## NOTE

This is a little bit different than the others. This gives the track a feel of progressive intensity.

**TEACHING TARGET:** Coach the fact that we stand so that the body weight can assist with the pedaling under a heavier load. If participants do not feel like they need to stand up, then they should add more resistance. They should look like they are moving side to side and going up a hill, not like they are jumping on a pogo stick.

**P.S.** The last 96 counts of the track are designed to push participants a bit physically as the track ends. This is an opportunity to really go for it. This opportunity returns in both the Chase and Climb tracks.

→ Coach finding the proper resistance that slows the pace before rising out of the saddle. The right resistance creates proper technique.

→ Is the resistance heavy enough that you look like you are climbing a hill?

→ Let participants know that this hill is longer so that they are mentally prepared for the additional effort.

→ This ramp

section

contains three

sudden tempo

changes:

one at the

beginning and

one every 32

counts.



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (percussion + crowd noise)	32	Seated Coast	slow		
Inst (accelerating synthesizer hits)	32	Transition to Ride	build	▲	
MT (synthesizer + crowd chant)	68	Race	1/1	▲▲	30s
Br (light synthesizer)	16	Transition to Ride	1/2	▲	
Ref Sempre ASSIM	64	Ride (Seated Climb)	1/2R		30s to break
Inst (accelerating synthesizer hits)	16	Ride (Seated Climb)	1/2R	5	
Inst (percussion + crowd noise)	32	Seated Coast	slow	▼	
Inst (accelerating synthesizer hits)	32	Transition to Ride	build	▲	
MT (synthesizer + crowd chant)	68	Race	1/1	▲▲	
Br (light synthesizer)	16	Transition to Ride	1/2	▲	
Ref Sempre ASSIM	64	Ride (Seated Climb)	1/2R		5s
Inst (accelerating synthesizer hits)	16	Ride (Seated Climb)	1/2+		
Inst (percussion + crowd noise)	32	Seated Coast	slow	▼	
Inst (accelerating synthesizer hits)	32	Transition to Ride	build	▲	3:55
MT (synth + crowd chant)	68	Race	1/1	▲▲	
Br (light synthesizer)	16	Transition to Ride	1/2	▲	
Ref Sempre ASSIM	64	Ride (Seated Climb)	1/2R		4:35
Inst (accelerating synthesizer hits)	16	Ride (Seated Climb)	1/2+		5
Inst (percussion + crowd noise)	32	Seated Coast	slow	▼	
Inst (accelerating synthesizer hits)	32	Transition to Ride	build	▲	
MT (synth + crowd chant)	68	Race	1/1	▲▲	
Br (light synthesizer)	16	Transition to Ride	1/2	▲	
Ref Sempre ASSIM	64	Ride (Seated Climb)	1/2R		
Inst (accelerating synthesizer hits)	16	Ride (Seated Climb)	1/2+		5
Inst (percussion + crowd noise)	32	Seated Coast	slow	▼	
Inst (accelerating synthesizer hits)	32	Transition to Ride	build	▲	
MT (synth + crowd chant)	68	Race	1/1	▲▲	
Br (light synthesizer)	16	Transition to Ride	1/2	▲	
Ref Sempre ASSIM	64	Ride (Seated Climb)	1/2R		
Inst (accelerating synthesizer hits)	16	Ride (Seated Climb)	1/2+		5

30 RaSc 30 RaSc 30 RaSc 30  
32 45 32 45 32 45 32 45

→ Increase resistance until the slower pace feels heavy and challenging.  
→ Let participants know there are only a few seconds left to push. This will motivate them to dig in and finish the interval.

→ Ask participants to go as fast as they are able to the top. For some this may be above the rhythm a bit, for others they may fight to stay with the rhythm.  
→ Keep the pedaling smooth as fatigue builds through the track.

→ Last interval. What are you saving it for?

## NOTE

Have been resistance focused in this interval track is not speed-focused. This is designed to change up the workout for participants.

**TEACHING TARGET:** If the resistance is appropriate, it should become difficult to keep up with the pace during the ramp section of the track. Coach this for participants as a guide to intensity.

**P.S.** The ramps will not feel difficult if the resistance is not heavy. It should feel heavy before the acceleration begins. If it does not, then the acceleration will feel quite easy.

A similar but different version of this song was used in Group Ride Fall '05. While the two versions do have similarities, they are quite different musically and especially physically. Enjoy!



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (drums + bass)	16	Seated Coast	slow		
Inst (drums + bass) Yeah YOU	64	Ride	1/1	▲▲	
Inst (guitar)	32	Ride	1/2	▲	
Inst (synthesizer) Yeah YOU	32	Ride	1/1		
C Yeah YOU shook me all night	64	Race	1/1	▲	
V She was a FAST machine	64	Ride	1/1	▼▼	
C YOU shook me all night	64	Chase Combo	1/1	▲	
YOU shook me all night	1-16 17-32 33-48 49-64	Race Standing Climb Race Standing Climb	1/1 1/1 1/1 1/1	▲ ▲ ▲ ▲	
V Working DOUBLE time	64	Ride	1/1	▼▲	
C YOU shook me all night	64	Chase Combo	1/1	▲	
inst (guitar solo)	32	Ride	1/1		
C YOU shook me all night	64	Chase Combo	1/1	▲	
inst (lighter) Yeah you shook me	32	Transition to Ride	1/2	▼	
V She was a FAST machine	64	Ride	1/1	▲	
C YOU shook me all night	64	Chase Combo	1/1	▲	
V Working DOUBLE time	64	Ride	1/1	▼▲	
C YOU shook me all night	64	Chase Combo	1/1	▲	
inst (lighter) Yeah you shook me	32	Standing Climb	1/2	▲	
inst (synthesizer + drums)	96	Race	1/1R		32s

67 Ra 30  
 30  
 CC  
 30  
 8 8 8 8  
 30  
 CC  
 30  
 CC 15 CC 45  
 30  
 30  
 30  
 15  
 15

5 chase combo then race  
first with climb

→ Pre-queue this Race/Standing Climb Combo well ahead of the movement so that participants know where they are going next.

load

→ Participants will need to know there is a break coming after this second Chorus (C) because the work is adding up!

NOTE

DC to Michael Jackson, feel free to launch with this track in the release. This, however, should be a team decision made by the club rather than by individual instructors.

**TEACHING TARGET:** Draw your participants' attention to the music in the early part of the track and coach them to let the music guide the changes in the workout, especially in the Chase Combo. Linking the movement to the music in your coaching will help participants be more successful, and will make the class more entertaining through the music.

**P.S.** The Chase Combo is reversed from the typical Standing Climb/Race movement. Beginning in Race and then moving to Standing Climb encourages greater use of resistance. It allows more time to dial the resistance in at the beginning of the workout.



LANDMARKS		BLK	POSITION	SPEED	LOAD	ETA
Inst	(drums + bass)	1-16 17-32	Sealed Coast Ride	slow build	▲	
Inst	(ADD synthesizer)	32	Ride	1/1		
MT	(synthesizer + drums) ...Who's bad	32	Ride	1/1	▲	
QPC	They SAY the sky's the limit	16	Ride	1/2	▲	
C	Because I'm BAD, I'm bad	1-32 33-64	Standing Climb Race	1/1 1/1		23s
V	Your BUTT is mine	32	Ride	1/1	▼	
Br	Come on ■ come on	16	Ride	1/1	▲	
V	I'm GIVING you	32	Ride	1/1		
PC	Well they SAY the sky's the limit	16	Ride	1/2	▲	
C	Because I'm BAD, I'm bad	1-32 33-64	Standing Climb Race	1/1R 1/1R		21s
MT	(synthesizer + drums)	16	Ride	slow		
V	Your BUTT is mine	32	Ride	1/1	▼	
Br	Come on ■ come on	16	Ride	1/1	▲	
V	I'm GIVING you	32	Ride	1/1		
PC	Well they SAY the sky's the limit	16	Ride	1/2	▲	
C	Because I'm BAD, I'm bad	1-32 33-64	Standing Climb Race	1/1R 1/1R		
MT	(synthesizer + drums)	16	Ride	slow		
V	The WORD is out	32	Ride	1/1	▼	
Br	Come on ■ come on	16	Ride	1/1	▲	
V	Your TALK is cheap	16	Ride	1/1		
PC	Well they SAY the sky's the limit	16	Ride	1/2	▲	
C	Because I'm BAD, I'm bad	1-32 33-64	Standing Climb Race	1/1R 1/1R		
MT	(synthesizer + drums)	16	Ride	slow		
V	The WORD is out	32	Ride	1/1	▼	
Br	Come on ■ come on	16	Ride	1/1	▲	
V	Your TALK is cheap	16	Ride	1/1		
PC	Well they SAY the sky's the limit	16	Ride	1/2	▲	
C	Because I'm BAD, I'm bad	1-32 33-64	Standing Climb Race	1/1 1/1		
Inst	(lighter)	32	Ride	1/1		
Inst	(bigger) ■ Who's bad, bad	32	Ride	1/1	▲	
QPC	You can CHANGE the world	16	Ride	1/2	▲	
C	Because I'm BAD, I'm bad	1-32 33-96	Standing Climb Race	1/1R 1/1R		32s to end

**NOTE**

high energy that will drive the class to the first peak of the workout.

**TEACHING TARGET:** ETAs will be very important to making your participants feel successful in this track. Be sure to include them in the coaching of the intense working sections of the track.

**P.S.** There are many opportunities to add entertainment to this track by working with the music. Try scripting cues that work around the title of the song, *Bad*, or around some of the other lyrics in the song.

St	Ra	St	Ra	St	Ra	St	Ra
50	45	45	15	15	30	15	30



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (synth + drums) Yeah, yeah	32	Seated Coast	slow		
Inst (synth + drums) Yeah, yeah	1-16 17-32	Stress Reversal UT (lat flex neck w/reach behind) UT (other side)	slow slow slow		
Inst (synth + drums) Why I'm EASY	32	Ride	1/2	▲	
MT (synth + drums) Why I'm EASY	32	Ride	1/2		
V I know it sounds funny	32	Ride	1/2		
V (synth) ... You see I begged	32	Ride	1/1		
C That's why I'm EASY	64	Race	1/1	▲	60s
MT (synth + drums) Why I'm EASY	64	Race	1/1		Race
V Why in the world	32	Ride	1/2 or 1/1		
V ■ Everybody wants me to be	32	Ride	1/2 or 1/1		
C That's why I'm EASY	64	Race	1/1	▲	
MT (synth + drums) Why I'm EASY	64	Race	1/1		
Inst (synth + drums) Yeah, yeah	1-16 17-32	Transition to Seated Coast Stress Reversal Ant Delt (ext shoulders, clasp hands)	slow slow		
V I know it sounds funny	32	Transition to Ride	1/2		
C That's why I'm EASY	64	Race	1/1	▲	
MT (synth + drums) Why I'm EASY	64	Race	1/1		
Inst (synth + drums) Why I'm EASY	32	Ride	1/2		

90 Pa 30 Pa 30 Pa  
60 60 60

## NOTE

recovery track. While it is an opportunity to recover, it is intended to be speed training. Coach participants to work toward riding the faster pace with control.

P.S. Riding a faster pace is something that must be trained. Even if participants cannot hold the pace for long at first, they should give it a shot and then recover. With time, they will learn to execute the pace for a longer period and increase their fitness as a result.

Be sure to take a look at the APR 11 Teaching Target titled *Spin* – The Revised Objective on the Education Resources DVD.





LANDMARKS		BLK	POSITION	SPEED	LOAD	ETA
Inst	(light drums + car sounds)	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	
Inst	(drums + synth) ...Are you ready	32	Ride (Seated Climb)	1/1		
Inst	(drums build + synth) ...Oh, oh, oh	32	Ride (Seated Climb)	1/1	▲	
Br	(drum roll) Are you READY	4	Ride (Seated Climb)	1/1	▲	
Ref	OH, oh, oh, eh-oh	64	Standing Climb	1/1	--▲	
Inst	(guitar + car sounds)	32	Ride (Seated Climb)	1/1		
Ref	READY, oh, oh, eh-oh	64	Standing Climb	1/1R	▲	25s
V	■ The wheels go round	64	Ride (Seated Climb)	1/1	▼▲	
Br	(drum roll)	4	Ride (Seated Climb)	1/1	▲	
C	Are you READY	64	Standing Climb	1/1	--▲	
Inst	(guitar + car sounds)	32	Ride (Seated Climb)	1/1		
Ref	READY, oh, oh, eh-oh	64	Standing Climb	1/1R	▲	
V	■ The wheels go round	64	Ride (Seated Climb)	1/1	▼▲	
Br	(drum roll)	4	Ride (Seated Climb)	1/1	▲	
C	Are you READY	64	Standing Climb	1/1	--▲	2:15
Inst	(guitar + car sounds)	32	Ride (Seated Climb)	1/1		to end
Ref	READY, oh, oh, eh-oh	64	Standing Climb	1/1R	▲	
QRRef	(synth + car sounds) ...Are you ready	32	Standing Climb	1/2		
Inst	(lighter drums + synth) ...This is a	32	Ride (Seated Climb)	1/1		60s
Inst	Go ■ go, go	32	Ride (Seated Climb)	1/1R	▲	to end
Ref	OH, oh, oh, eh-oh	64	Standing Climb	1/1R		
C	Are you READY	32	Standing Climb	1/1R		

→ Now that participants have seen the mountain once, encourage greater intensity.

→ At this point, there are little over 2 minutes left in the workout.

→ It is time to give everything you have left. Go for it!

**NOTE**

for programming during the *Testing Phase of Program Development*.

**TEACHING TARGET:** Coach the three ways that the intensity of the workout can be increased: resistance, position and speed. We see all three during each of the three mountain climbs.

**P.S.** The first three ramp sections in this track are gradual ramps. The final ramp is made up of four sudden accelerations. Each is 32 counts long.

[illegible]





LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (guitar + drums)	16	Standing Climb	slow	▲	
V I know what you're thinking	64	Standing Climb	slow		
PC Well I WANTED something	24	Transition to Ride	1/1	▼	
C When the WHEELS go down	32	Race	1/1		
Inst (guitar + drums)	8	Transition to Ride	1/1		
V KNOW your head is spinning	32	Ride	1/1		
PC Well I WANTED something	24	Ride	1/1		
C When the WHEELS go down	32	Race	1/1		
Inst (guitar + drums)	16	Transition to Seated Coast	slow		
Inst (guitar solo)	1-16 17-32	Stress Reversal UT (lat flex neck w/reach behind) UT (other side)	slow slow		
C When the WHEELS go down	64	Ride	1/1		46s
Inst (guitar)	16	Transition to Seated Coast	slow		to end

→ The option is to leave the resistance and remain standing after the Climb track or to add resistance here and stand again.

→ The resistance is removed so that the recovery can continue in the saddle. All of the resistance is not removed, just enough so that the pedaling is lighter.

## NOTE

Stress Reversal Pedaling

**TEACHING TARGET:** The resistance should not be heavy during the Standing Climb at the beginning of this track; however, coach participants to make sure there is some resistance on the wheel for control of the pedaling.

**P.S.** The Standing Climb at the beginning of this track is a carryover from the end of the Climb track. It provides a great recovery feeling because of the slow movement that is connected to the music. Encourage your participants to remain standing, slow down, and remove resistance but to keep moving while they recover.





# STRETCH

Improve range of motion & aid muscular recovery

Uncle Kracker 4:45

9 mile

LANDMARKS		BLK	POSITION
Inst	(piano + bass)	16	Transition to standing on floor
V	You're better than the best	32	Gastroc (ext knee, dorsiflex ankle)
V	Completely unaware	48	Quads (flex knee, hold lower leg)
C	You make me SMILE	32	ITB (add hip, lat flex trunk, reach OH)
C	You make me DANCE	32	Glute Med/Min (flex hip + knee, rotate hip w/foot on opp knee)
Inst	(piano + bass) SMILE	16	Transition to next stretch
V	You're better than the best	32	Gastroc (other side)
V	Completely unaware	48	Quads (other side)
C	You make me SMILE	32	ITB (other side)
C	You make me DANCE	32	Glute Med/Min (other side)
Inst	(piano + bass) SMILE	16	Transition to next stretch
V	Even when you're gone	48	Hams (flex hips, ext knees)
C	You make me SMILE	32	ITB (other side)
C	You make me DANCE	32	Glute Med/Min (other side)
Chg	Don't know how I lived	32	Spinal Rotation L/R (rotate trunk)
Chg	You make me SMILE	16	Ant Delt (ext shoulders, clasp hands)
QC	You make me DANCE	1-16 17-32	UT (lat flex neck w/reach behind) UT (other side)
C	You make me SMILE	32	ITB (other side)
C	You make me DANCE	32	Glute Med/Min (other side)
Rep	SMILE, OH you make me	1-16 17-32	Spinal Extension (ext trunk, reach arms OH) Pec Major (abd shoulders w/hands behind head)
Outro	You make me SMILE	4	Release

## NOTE

original stretch designed by Kristin & the Yoga Krew

**TEACHING TARGET:** Coach participants to try to get a little deeper in the ITB and Glute Med/Min stretches when they recur in the track.

**P.S.** The track is designed around more lateral stretches for the hips. While all of the usual stretches are present, a slight change of focus periodizes the workout and keeps the stretches more interesting.