



Jul 11

→ Vary your coaching in the four shaded sections to add variety to this track. Try to make each section a little bit different from the others in terms of your coaching focus.

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro	DON'T make me	3 Seated Coast	slow		
Inst	(light synth)	16 Seated Coast	slow		
Inst	(ADD bass) Red one ■	8 Ride	build	▲	
V	HEY, hey I'm like a beast	32 Ride	1/1		
PC	GET like me	16 Ride	1/1	▲	
C	OH, here I go	32 Race	1/1		
Br	(synth effects) ■ Don't wanna start	8 Transition to Ride	1/1		
V	HEY boy, way that I move	32 Ride	1/1		
PC	GET like me	16 Ride	1/1	▲	
C	OH, here I go	32 Race	1/1		
Br	(synth effects) ■ Don't wanna start	8 Transition to Ride	1/1		
V	HEY, hey I'm like a beast	32 Ride	1/1		
PC	GET like me	16 Ride	1/1	▲	
C	OH, here I go	32 Race	1/1		
Br	(synth effects) ■ Don't wanna start	8 Transition to Ride	1/1		
V	HEY boy, way that I move	32 Ride	1/1		
PC	GET like me	16 Ride	1/1	▲	
C	OH, here I go	32 Race	1/1		
Chg	HEAR me now, push it out	16 Transition to Standing Climb	1/2	▲	
Chg	You steal the SHOW	16 Standing Climb	1/2		
Chg	■ Propeller, she windin'	16 Standing Climb	1/2		
PC	GET like me	1-8 Transition to Ride 9-16 Ride	slow build	▼	
C	OH, here I go	32 Race	1/1		36s
C	OH, here I go	32 Race	1/1	▲	to end

NOTE

BEHIND THE TRACK: The background music in this song is very similar to the song /ko/ko. It should be familiar to participants but they may not know what it is.

TEACHING TARGET: After the hill near the end of this track, participants will not be out of the saddle again until the Roll track. Be sure to coach proper Standing Climb technique here so participants are ready to go later.

Be sure to take a look at the JUL 11 Teaching Target titled *Effective ETAs* on the Education Resources DVD.

P.S. Resistance is added gradually, without backing off, throughout the Ride track to assist the warm-up nature of the track. The resistance should not be heavy on the flatter sections but it should increase gradually throughout.

→ The resistance decrease in this section should not take the resistance back to the start. The resistance should feel similar to how it felt just prior to the hill.

35 Ra 25 Ra 25 Ra 25 Ra 8 St Ra 15 15 15 40



find the resistance from before you lifted.



	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(synthesizer)	16	Transition to Ride	slow		
Inst	(ADD bass hits)	16	Ride (Seated Climb)	build	▲	
Br	(empties) I, I, I, I	8	Ride (Seated Climb)	1/2		
V	I came to DANCE , dance, dance	32	Ride (Seated Climb)	1/2	▲	
PC	'Cause it goes ON and on and	16	Transition to Standing Climb	1/2		
C	■ I throw my hands up in the air	32	Race	1/1	▼	30s to
C	'Cause we gon' ROCK this club	32	Race	1/1	▲	break
V	I came to MOVE , move, move	32	Ride (Seated Climb)	1/2	▲	
PC	'Cause it goes ON and on and	16	Transition to Standing Climb	1/2		
C	■ I throw my hands up in the air	32	Race	1/1	▼	
C	'Cause we gon' ROCK this club	32	Race	1/1	▲	
V	I came to DANCE , dance, dance	32	Ride (Seated Climb)	1/2	▲	
PC	'Cause it goes ON and on and	16	Transition to Standing Climb	1/2		
C	■ I throw my hands up in the air	32	Race	1/1	▼	
C	'Cause we gon' ROCK this club	32	Race	1/1	▲	
V	I came to MOVE , move, move	32	Ride (Seated Climb)	1/2	▲	
PC	'Cause it goes ON and on and	16	Transition to Standing Climb	1/2		
QC	■ I throw my hands up in the air	1-28 29-32	Standing Climb Standing Climb	slow build		
C	'Cause we gon' ROCK this club	32	Race	1/1	▼	
Chg	■ I'm gonna take it all	64	Ride	1/1	--▲	
Br	(empties) Put your HANDS in	8	Ride	1/1		
Inst	(synthesizer)	16	Transition to Seated Coast	slow		
Inst	(bass hits) ■ I throw my hands	1-28 29-32	Seated Coast Transition to Ride	slow build	▲	
C	■ I throw my hands up in the air	32	Race	1/1		45s
C	'Cause we gon' ROCK this club	32	Race	1/1	▲	to end
Inst	(low synthesizer + drums)	32	Race	1/1		

- All bar positions.

→ This transition to Standing Climb will help participants accelerate back to the faster pace in the section that follows.

The raster page in the section line follows.

$\frac{1}{2} \times 15 = 7\frac{1}{2}$

→ Let participants know that the workout is all in the saddle from here to the end.

→ This is one last quick break before a push to the finish. Coach participants to use it so they can finish strong.

(low stylized size - 1 diameter)

last phase 2445 sec races with a charge in position

feet, seat, reduce heart

NOTE

BEHIND THE TRACK: This track can be used to periodize the release a couple of weeks after launch. Switching this track for the main release track removes some of the "in the saddle" focus and changes the feel of the workout.

TEACHING TARGET: At the beginning of the four climbing sections, coach participants to turn the resistance up until it forces them to slow down the pace. It should feel like the bike is going uphill.



LANDMARKS			BLK	POSITION	SPEED	LOAD	ETA
Inst	(bass + clapping) ■ Party people		16	Seated Coast	slow		
Inst	(ADD light synth) ■ Party people		32	Transition to Ride	build	▲	
Inst	(building) ■ Party people, sing		32	Ride (Seated Climb)	1/1	▲	
C	Sing HALLELUJAH, sing it		64	Standing Climb	1/1	▲	39s
MT	(full band) Sing HALLELUJAH		32	Standing Climb	1/1		to break
V	■ A B C is like 1 2 3		32	Ride (Seated Climb)	1/1	▼	
V	HAPPY people, singing people		32	Ride (Seated Climb)	1/1	▲	
C	Sing HALLELUJAH, sing it		64	Standing Climb	1/1	▲	26s
MT	(full band) Sing HALLELUJAH		64	Ride (Seated Climb)	1/1		26s
V	■ A B C is like 1 2 3		32	Ride (Seated Climb)	1/1	▼	
V	HAPPY people, singing people		32	Ride (Seated Climb)	1/1	▲	
C	Sing HALLELUJAH, sing it		64	Standing Climb	1/1	▲	
MT	(full band) Sing HALLELUJAH		64	Ride (Seated Climb)	1/1		
V	■ D E F is like 4 5 6		32	Ride (Seated Climb)	1/1	▼	
V	The BUBBLING style!		32	Ride (Seated Climb)	1/1	▲	
C	Sing HALLELUJAH, sing it		64	Standing Climb	1/1	▲	
MT	(full band) Sing HALLELUJAH		64	Ride (Seated Climb)	1/1		
QMT	(lighter)		32	Standing Climb	1/2		
C	Sing HALLELUJAH, sing it		64	Standing Climb	1/1		52s
MT	(full band) Sing HALLELUJAH		64	Ride (Seated Climb)	1/1		to end

→ The rest of the hills are all different from this one.
The final section of the remaining hills will be in the saddle.

$$\Delta S_C S^+ + S_C^+ \quad S_C S^+ + S_C^+ \quad S_C S^+ + S_C^+$$

Sc St Sc St Sc

→ If participants have been working to the track objective then they should not need any more resistance at this point but encourage them to make an adjustment if needed for the final 52-second push.

NOTE

TEACHING TARGET: Use a stamp for the 52-second Standing Climb/Ride (Seated Climb) sections of this track as a way to streamline your coaching. Something like "half and half" or "high-low" will paint a picture of the workout. Creating a stamp here will be beneficial in this track and can be revisited later in the workout.

P.S. The road map for Roll is very similar to the Terrain track, with the exception that Roll goes over hills, where the Terrain is flat. Coaching this similarity will help your participants feel more successful because it builds familiarity with where to expect intensity.

scst scst scst
scst scst

5/5c, 5c.



Inst	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(empty) ...Destruction	32	Sealed Coast	slow		
Inst	(hits) Bass, greed, drums	32	Ride (establish lead leg)	1/2		
Inst	(bigger hits) Bass, greed, drums	32	Ride	1/2	▲	
Inst	(heavy beat) ...Bass (ADD clapping) ...Greed (ADD hi-hat) ...Drums (ADD cymbal) ...DJ (ADD scratch) ...Ultimate (full instrumentation) ...Take this	192 32 32 32 32 32 32	Tempo Combo Ride Ride Ride Ride Ride Ride	1/1 1/1 1/1 1/1 1/1 1/1 1/1	▲x5 ▲ ▲ ▲ ▲ ▲ ▲	57s
Inst	(empties) (accelerating)	*** 6 ***	Power Start Combo Ride Race	1/2 - 1/1+ 1/2 1/1+	▲ ▲ ▲	10s
Inst	(empty) ...Destruction	32	Ride	slow	▼	
Inst	(hits) Bass, greed, drums	32	Ride (change lead leg)	1/2		
Inst	(bigger hits) Bass, greed, drums	32	Ride	1/2	▲	
Inst	(heavy beat)	192	Tempo Combo	1/1	▲x5	
Inst	(empties + accelerating)	***	Power Start Combo	1/2 - 1/1+	▲	
Inst	(empty) ...Destruction	32	Ride	slow	▼	
Inst	(hits) Bass, greed, drums	32	Ride (change lead leg)	1/2		
Inst	(bigger hits) Bass, greed, drums	32	Ride	1/2	▲	
Inst	(heavy beat)	192	Tempo Combo	1/1	▲x5	
Inst	(empties + accelerating)	***	Power Start Combo	1/2 - 1/1+	▲	
Inst	(empty) ...Destruction	32	Ride	slow	▼	
Inst	(hits) Bass, greed, drums	32	Ride (change lead leg)	1/2		
Inst	(bigger hits) Bass, greed, drums	32	Ride	1/2	▲	
Inst	(heavy beat)	192	Tempo Combo	1/1	▲x5	
Inst	(empties + accelerating)	***	Power Start Combo	1/2 - 1/1+	▲	
Inst	(empty) ...Destruction	32	Ride	slow	▼	
Inst	(hits) Bass, greed, drums	32	Ride (change lead leg)	1/2		
Inst	(bigger hits) Bass, greed, drums	32	Ride	1/2	▲	
Inst	(heavy beat)	192	Tempo Combo	1/1	▲x5	
Inst	(empties + accelerating)	***	Power Start Combo	1/2 - 1/1+	▲	

45 SCPS 45 SCPS 45 SCPS 45 SCPS 45 SCPS
15 15 15 15 15

→ Choose a lead leg and coach participants to all work toward riding that same lead leg.

→ Let participants know they will be adding resistance every time they hear a vocal cue. Also coach the fact that the word "ultimate" means they are almost there. The track will almost coach itself once you set it up at the beginning.

→ The resistance here should feel like someone has put on the brakes. It should be difficult to accelerate.

→ Coach participants to change lead legs during this break and the following two breaks.

→ If participants can accelerate easily, the resistance is not heavy enough to get the intended training effect.

NOTE

BEHIND THE TRACK: This track scored highest in terms of programming during the **Testing Phase of Program Development**.

TEACHING TARGET: There are four working sections in this track. Coach participants to change lead legs during the recovery sections and to try and maintain the same lead leg throughout the Tempo Combo sections.

P.S.: This type of workout, constant pace with increasing resistance, is known as a tempo workout. It's a great way to build muscular endurance and overall fitness.

Power Starts are a workout technique that build explosive leg strength. The goal is to accelerate against the heavy resistance as quickly as possible.

It is not necessary to set up the Power Start pre-track. Consider mentioning that you have a surprise and save the coaching for after participants have tried it once.

tempo training builds
endurance
power start builds power

balance the
body.
find your
leading
working
make
successful
build it
- build up.

push the pace
legs are grouping

give me
give me
give me

make some
veg.

focus on
feeling



LANDMARKS		BLK	POSITION	SPEED	LOAD	ETA
Inst	(drums + bass)	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	
Inst	(bass + background vocals)	32	Ride	build		
Inst	(ADD synth) ...Lovin' every	32	Ride	1/1	▲	
MT	(full synth)	32	Standing Climb	1/1	▲	22s
MT	(full synth)	32	Race	1/1		
V	■ I'm not man	48	Ride	1/1	▼	
PC	■ You want me	40	Ride	1/1	▲	
C	TOUCH that dial LOVIN' every minute of it	64 1-16 17-32	Chase Combo Standing Climb Race	1/1 1/1 1/1	▲▲ ▲	
	TURN that dial	33-48	Standing Climb	1/1	▲	
	LOVIN' every minute of it	49-64	Race	1/1		
Br	LOVIN' every minute of it	8	Race	1/1	▲	
MT	(full synth)	32	Standing Climb	1/1		
MT	(full synth)	32	Race	1/1		
V	■ I got fun	48	Ride	1/1	▼	
PC	■ You got love	40	Ride	1/1	▲	
C	TOUCH that dial	64	Chase Combo	1/1	▲▲	
Br	LOVIN' every minute of it	8	Race	1/1	▲	
MT	(full synth)	32	Standing Climb	1/1		
MT	(full synth)	32	Race	1/1		
Inst	(empty + synth) LOVIN' every	32	Standing Climb	slow		
Inst	(building)	32	Transition to Ride	build	▼	
Inst	(ADD drums)	32	Ride	1/1		
QPC	■ You want me	1-24 25-40	Transition to Standing Climb Standing Climb	slow build	▲	
C	TOUCH that dial	64	Chase Combo	1/1	--▲	65s
Ref	LOVIN' every minute of it	16	Race	1/1		to end
C	TOUCH that dial	32	Standing Climb	1/1	▲	
Ref	LOVIN' every minute of it	16	Race	1/1		
MT	(full synth)	32	Standing Climb	1/1		22s
MT	(full synth)	32	Race	1/1		to end

NOTE

BEHIND THE TRACK: This was the highest scoring track in terms of music during the *Testing Phase of Program Development*.

TEACHING TARGET: The beginning of this track will feel slow in comparison to the intervals track. Use this as a recovery, but be sure to coach participants to get into the resistance and back to the workout. This track will definitely get them to a physical peak by the end.

P.S. The concept of increasing work duration at the end returns in this track. The last 65 seconds of the track should be a physical peak that leaves participants ready for Spin.

→ Coach participants not to remove too much resistance. This is just a pause in the action.

→ Be sure to coach an ET+ at this point and throughout this final section to help participants finish strong.

C	st	Ra	st	Rg		st	c	Ra	st	Ra	st	Rg
30	15	15	15	15		20	30		15	8	15	15

45	st Rq	40	st Rq	st Rq	40
15	15	8	8	8	15
15	15	8	8	12	15



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (drums + bass)	16	Transition to Standing Climb	slow	▲	
Inst (synth builds)	32	Standing Climb	slow		
Inst (lighter synth + build)	1-16 17-32	Transition to Ride Ride	slow build	▼	
MT (low synth)	32	Ride	1/2 or 1/1		
V I was TRYIN' to cross	32	Ride	1/2 or 1/1		
V Who's been WAITING	32	Ride	1/2 or 1/1		
C So we DANCE	32	Race	1/1	▲	60s
C Gonna PARTY all night	32	Race	1/1		
MT (low synth)	32	Race	1/1		
QMT (lighter)	32	Race	1/1		
V I was PLANNING out	32	Ride	1/2 or 1/1		
V I TRIED to catch	32	Ride	1/2 or 1/1		
C So we DANCE	32	Race	1/1	▲	
C Gonna PARTY all night	32	Race	1/1		
MT (low synth)	32	Race	1/1		
QMT (lighter)	32	Race	1/1		
RP OO-oo-oo-oo, touch	1-16 17-24 25-32	Transition to Seated Coast Shoulder Roll Set up Stress Reversal	slow slow slow		
RP OO-oo, touch, can we touch	32	Stress Reversal Ant Delt (ext shoulders, clasp hands)	slow		
Chg ■ Every choice we make	32	Transition to Ride	1/2		
Chg It all CONNECTED, every	32	Ride	build		
C So we DANCE	32	Race	1/1	▲	
C Gonna PARTY all night	32	Race	1/1		
MT (low synth)	32	Race	1/1		
Inst (empties)	32	Race	1/1 or 1/2		
Outro (fades)	8	Transition to Seated Coast	slow		

8 St 60 Ra 30 Ra 60 Ra
15 60 60

→ This resistance change is simply to make sure there is enough resistance on the wheel for the Standing Climb recovery.

→ Back the resistance down to a base resistance for the Spin track. Coach participants to make sure there is still some resistance on the wheel.

If you haven't had any water take the time now.

little bit, ride on

if you're new leave the bit out.

stay relaxed.

open the chest

-chance

get oxygen in.

NOTE

TEACHING TARGET: While Spin provides an opportunity to recover, it is not a rest track. Coach participants to give the pace a shot. They will build endurance over time if they work consistently at riding the pace with smooth execution.

P.S. Take note of the Track Objective change that has occurred for the Spin track. It is subtle but is intended to reinforce that this is not a rest track.



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (light drums)	16	Seated Coast	slow		
Inst (drums) J'adore HARDCORE	32	Ride (Seated Climb)	build	▲	
Inst (heavy bass) J'adore HARDCORE	32	Ride (Seated Climb)	1/1		
V I like the way it's HARD	32	Ride (Seated Climb)	1/1	▲	
PC SLAM rock with the jungle	32	Ride (Seated Climb)	1/1	▲	
QRef (snare drum) ■ Do, do, do, do	32	Transition to Standing Climb	slow	▲	
Ref (heavy bass) ■ Do, do, do, do	64	Standing Climb	1/1	--▲	
MT (heavy bass + synthesizer)	96	Ride (Seated Climb)	1/1R		36s
V For SURE I got my plan	32	Ride (Seated Climb)	1/1 or 1/2	▼	
PC SLAM rock with the jungle	32	Ride (Seated Climb)	1/1	▲	
Ref (heavy bass) ■ Do, do, do, do	64	Standing Climb	1/1	▲▲	
MT (heavy bass + synthesizer)	96	Ride (Seated Climb)	1/1R		
QRP (lighter) RAISE your hands up	32	Transition to Standing Climb	slow		
QRef (building) RAISE , do, do, do	32	Standing Climb	1/2	▲	
Ref (heavy bass) ■ Do, do, do, do	64	Standing Climb	1/1		
QRef (empty) ■ Do, do, do, do	1-16 17-32	Standing Climb	1/2 1/1	▲	50s to end
MT Chg (heavy bass + synthesizer)	96	Standing Climb	1/1R		

1st Climb

2nd Climb

- aim for a 2.
kids bring behind you
bike became a leg machine
→ This is the only point in the track where the resistance is reduced.

→ This is the first of two pace breaks. Coach it as an opportunity to recover briefly before pushing again.

→ This is the last chance for participants to briefly catch their breath before the final Ramp. Coach what is coming and motivate them to the finish.

NOTE

TEACHING TARGET: Be sure to coach that this track should have the heaviest resistance of the workout. The resistance should be heavy at the beginning of the Ramp sections to meet the goal of a final physical peak.

Coach the fact that there are two recovery opportunities on the second mountain. They do not involve removing resistance, simply slowing down. Although short, there should be just enough time to recover before pushing again.

8 SC ST SC R - SC ST SC R ST R
60 40 45 30 40 120
slow.

2-30
38



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (drums)	3	Seated Coast	slow		
Inst (guitar + drums)	16	Transition to Ride	1/2 or 1/1	▲	
V I was tired of my LADY	32	Ride	1/2 or 1/1		
C If you like piña COLADAS	32	Race	1/1		
Inst (guitar)	1-8 9-16	Transition to Seated Coast Shoulder Roll	slow slow		
V I didn't think about my LADY	32	Ride	1/2 or 1/1		
C Yes, I like piña COLADAS	32	Race	1/1		
Inst (guitar)	1-8 9-16	Transition to Seated Coast Shoulder Roll	slow slow		
V So I waited with HIGH hopes	32	Ride	1/2 or 1/1		
C That you like piña COLADAS	32	Race	1/1		
Inst (guitar)	1-8 9-16	Transition to Seated Coast Shoulder Roll	slow slow		
Rep If you like piña COLADAS	32	Ride	1/1		
Rep (fades) If you like piña COLADAS	8	Ride	1/1		

reset all the tension

25 Rep 25 Rep 25 Rep 25
15 15 15 15

NOTE

TEACHING TARGET: Coach the Shoulder Rolls as a way to relax the upper body and reset the posture after the intensity of the workout.



LANDMARKS		BLK	POSITION
Inst	(guitar)	16	Dynamic Gastroc, standing on bike
V	So WE live out of our old van	16	Hams (flex hip, ext knee)
V	WE'LL end up hand in hand	16	Hams (other side)
C	Just as FREE	32	Spinal Rotators L/R (seated on bike, rotate torso)
Inst	(violin + drums)	16	Transition to standing on floor
V	DRIVE until the city lights	16	Gastroc R (ext knee, dorsiflex ankle)
V	LAY underneath the harvest moon	16	ITB R (add hip, lat flex trunk, reach OH w/hand assist)
C	Just as FREE	1-16 17-32	Quads R (flex knee, hold lower leg) Quads L
Inst	(guitar + drums) BE	16	Ant Delt (ext shoulders, clasp hands)
V	DRIVE until the city lights	16	Gastroc L
V	LAY underneath the harvest moon	16	ITB L
C	Just as FREE	1-16 17-32	Quads L Quads R
Inst	(guitar + drums) BE	16	Spinal Erectors (ext trunk, reach arms OH)
Inst	(guitar + drums)	16	Pec Major (abd shoulders w/hands behind head)
RP	No we DON'T have a lot	1-16 17-32	Glute Med/Min (foot on opp knee) Glute Med/Min (other side)
Br	ALL we need is	4	Transition to next stretch
C	LOVE , we're free	1-16 17-32	Quads R Quads L
Outro	So WE live out	1-8 9-16	Shoulder Roll Ant Delt

*back leg bent.
hips back.*

NOTE

TEACHING TARGET: Coach the fact that the Dynamic Gastroc stretch is an opportunity to keep the feet moving, although slowly, for just a bit longer before stepping off the bike to stretch.

P.S. Returning to the Quadriceps stretch throughout the track stretches these muscles a little deeper each time. The muscle relaxes further through each successive stretch. This is very beneficial as they are the prime movers of the cycling workout.



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (cymbal roll)	4	Seated Coast	slow		
Inst (light galloping synth)	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	
Inst (synth + drums) SOLO	32	Ride	1/1		
MT (synth + drums) SOLO, solo, solo	1-32 33-64	Race Race	1/1 1/1	▲ ▲	30s
Inst (piano + drums)	1-16 17-32	Transition to Ride Ride	1/2 build	▼	
V ■ Yeah, I'm feelin' good tonight	32	Ride	1/1		
PC ■ Told me get my	32	Ride	1/1		
C I'm PUTTIN' on my shades	32	Race	1/1	▲	30s
MT (synth + drums) SOLO, solo, solo	32	Race	1/1	▲	
Inst (piano + drums)	1-24 25-32	Transition to Ride Ride	1/2 build	▼	
V ■ Yeah, I'm feelin' good tonight	32	Ride	1/1		
PC ■ Told me get my	32	Ride	1/1		
C I'm PUTTIN' on my shades	32	Race	1/1	▲	
MT (synth + drums) SOLO, solo, solo	32	Race	1/1	▲	
Inst (piano + drums)	1-24 25-32	Transition to Ride Ride	1/2 build	▼	
V ■ Now I'm feelin' how	32	Ride	1/1		
PC ■ Told me get my	32	Ride	1/1		
C I'm PUTTIN' on my shades	32	Race	1/1	▲	45s
Inst (synth + drums)	32	Race	1/1	▲	
MT (synth + drums) SOLO, solo, solo	32	Race	1/1	▲	
Inst (light synth + drums)	16	Transition to Ride	1/2		
RP It's like S-o-l-o	16	Ride	build		
C I'm PUTTIN' on my shades	32	Race	1/1		
MT (synth + drums) SOLO, solo, solo	32	Race	1/1		

NOTE

TEACHING TARGET: Coach the breaks in between the Race sections as an opportunity to recover and feel more successful maintaining the pace when it is time to work. While participants will not fully recover, the breaks should be a welcome pause.

P.S. The longer, more intense section of this track comes at the end. This track design will reappear in several of the other tracks in this release.

30 Ra 45 Ra 45 Ra 15 Ra 30
30 30 45 30




$$15 \wedge \frac{SC}{\frac{\lambda}{30} \wedge \frac{\lambda}{15}} - \frac{SC}{\frac{\lambda}{45} \wedge \frac{\lambda}{30}} - \frac{SC}{\frac{\lambda}{45}} + \underbrace{- \frac{SC}{\frac{\lambda}{30} \wedge \frac{\lambda}{45}} - \frac{SC}{\frac{\lambda}{30}}} = \frac{SC}{\frac{\lambda}{30} \wedge \frac{\lambda}{45}}$$

→ This ramp is just one sudden acceleration to push participants to the finish.

NOTE

BEHIND THE TRACK: This Bonus Track was designed to be very simple to learn and coach. It works well to change up the release a few weeks after launch.

TEACHING TARGET: Coach the shorter hills as the opportunity to really increase the resistance. Participants should be able to handle a heavier load because the duration is shorter. Show participants that they can pedal with more resistance than they think they can.