

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro					
THIS is how we party	16	Seated Coast	slow		
C					
THIS is how we party	16	Transition to Ride	build	▲	
V					
HERE we are back in the game	32	Ride	1/1		
PC					
THIS is how we do it	32	Ride	1/1	▲	
C					
THIS is how we party	32	Race	1/1		
V					
Come ON everybody	32	Ride	1/1		
PC					
THIS is how we do it	32	Ride	1/1	▲	
C					
THIS is how we party	32	Race	1/1		
RP					
■ Ba de ba de ba	32	Race	1/1	▲	
QV					
I'm doing it for you	16	Transition to Ride	slow	▲	
QV					
Don't let 'em get you down	16	Ride	1/2		
C					
THIS is how we party	32	Standing Climb	1/2		
C Chg					
Foolin' with your body	32	Standing Climb	1/2	▲	
QV *					
HERE we are back in the game	16	Transition to Ride	slow	▼	
QV					
■ Too bad that he's a liar	16	Ride	build		
PC					
THIS is how we do it	32	Ride	1/1		
QC					
THIS is how we party	16	Ride	1/1	▲	
C					
THIS is how we party	32	Race	1/1		
RP					
■ Ba de ba de ba	32	Race	1/1	▲	
Outro					
THIS is how we party	16	Transition to Seated Coast	slow		

BEHIND THE TRACK: If the resistance is used correctly, the thighs should burn slightly by the end of the track.

TEACHING TARGET: Coach lateral displacement during Standing Climb because it sets up the position for the hills in track 3. See the class of your Education Resources DVD for cueing tips.

Be sure to watch the Teaching Target: **Bike Set Up Revisited.**

2 Ride Like The Wind

Christopher Cross

5:59

TERRAIN

INCREASE WORKOUT INTENSITY USING VARIOUS COMBINATIONS OF RIDE TERRAINS

	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
QRP	■ Ba, ba, da, da	32	Transition to Ride	build	▲	
QRP	(builds) ■ Ba, ba, da, da	32	Ride	1/1		
RP	■ Ba, ba, da, da, da	64	Race	1/1	▲	
V	It is the night, ■ my body's weak	32	Ride	1/1		
PC	And I've got ■ such a long way	16	Ride	1/1	▲	
C	So I'll RIDE like the wind	16	Race	1/1		
V	I was BORN the son	32	Ride	1/1		
PC	And I've got ■ such a long way	16	Ride	1/1	▲	
C	So I'll RIDE like the wind	16	Race	1/1		
RP	■ Ba, ba, da, da	64	Race	1/1		
V	Accused and TRIED and told	64	Ride	1/1	▼	
PC	And I've got ■ such a long way	16	Ride	1/1	▲	
C	So I'll RIDE like the wind	16	Race	1/1		
RP	■ Ba, ba, da, da	64	Race	1/1		
V	Accused and TRIED and told	64	Ride	1/1	▼	
PC	And I've got ■ such a long way	16	Ride	1/1	▲	
C	So I'll RIDE like the wind	16	Race	1/1		
PC	And I've got ■ a long way	16	Race	1/1	▲	
C	So I'll RIDE like the wind	16	Race	1/1		
RP	■ Ba, ba, da, da	64	Race	1/1		
Chg	(echo) ■ Ba, ba, da, da	32	Race	1/1 or 1/1+		15s

La La La La La

BEHIND THE TRACK: This programming design is periodized from previous releases. In order to create change, the workout has to vary, so we spend more time in the flats on this one.

TEACHING TARGET: The intensity of this track increases as it progresses. Be sure to provide kinesthetic cues throughout the track to address this. Remember that kinesthetic cueing indicates when the burn increases and what the execution should feel like when in Ride and Race.

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (bass) ■ Oh, oh, oh	32	Transition to Ride	build	▲	
Inst (synthesizer) ■ Oh, oh, oh	32	Ride	1/1		
V BABY baby, when we	96	Ride	1/1	▲	
PC I feel like OH, you're the	32	Standing Climb	1/1	▲	
QPC (softens) Next time you	32	Ride	1/1		
C I checked into REHAB	80	Standing Climb/Ride Combo	1/1	▲	
	1-16	Standing Climb	1/1		
	17-32	Ride	1/1		
	33-48	Standing Climb	1/1		
	49-64	Ride	1/1		
	65-80	Standing Climb	1/1		
Inst (synthesizer)	32	Transition to Ride	1/1	▼	
V DAMN, ain't it crazy	96	Ride	1/1	▲	
PC I feel like, OH, you're the	32	Standing Climb	1/1	▲	
QPC (softens) Next time you	32	Ride	1/1		
C I checked into REHAB	80	Standing Climb/Ride Combo	1/1	▲	
Inst (synthesizer)	32	Transition to Ride	1/1	▼	
V DAMN, ain't it crazy	96	Ride	1/1	▲	
PC I feel like, OH, you're the	32	Standing Climb	1/1	▲	
PC Next time you	32	Ride	1/1		
C I checked into REHAB	80	Standing Climb/Ride Combo	1/1	▲	
QRP (softens) ■ Oh, oh, oh	32	Standing Climb	slow		
RP (builds) ■ Oh, oh, oh	32	Standing Climb	build	▲	
C I checked into REHAB	80	Standing Climb/Ride Combo	1/1		
C (synthesizer)	32	Standing Climb	1/1 or 1/1+		12s

1st Hill

2nd Hill

3rd Hill

BEHIND THE TRACK: The Standing Climb/Ride Combo sets the tone for the release. This up/down sequence magnifies the intensity.

TEACHING TARGET: During the 96-count sections of Ride, coach (1) buttocks back on the saddle, (2) heel drop during the downstroke, and (3) lateral displacement.

When in Standing Climb, the pedaling dynamics change – the weight shifts toward the forefoot. Coach your participants to avoid heel drop during Standing Climb.

P.S. This song scored the highest in the Testing Phase of Program Development.

of 100's

Back Down
Resistance Up

4 Hard To Say I'm Sorry

Chicago

5:54

INTERVALS

IMPROVE FITNESS USING INTERVAL TRAINING

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (sound effect)	16	Seated Coast	slow		
Inst (ADD synthesizer)	32	Ride	build	▲	64s
Inst (ADD bass)	32	Ride	1/1R		
MT (ADD bigger bass)	96	Standing Climb	1/1R	▲	
V Everybody needs a little	32	Transition to Seated Coast	slow	▼	
C HOLD me now	32	Seated Coast	slow		
Inst (synthesizer)	32	Ride	build	▲	62s
Inst (ADD bass)	32	Ride	1/1R		
MT (ADD bigger bass)	96	Standing Climb	1/1R	▲	
V Everybody needs a little	32	Transition to Seated Coast	slow	▼	
C HOLD me now	32	Seated Coast	slow		
Inst (synthesizer)	32	Ride	build	▲	60s
Inst (ADD bass)	32	Ride	1/1R		
MT (ADD bigger bass)	96	Standing Climb	1/1R	▲	
V Everybody needs a little	32	Transition to Seated Coast	slow	▼	
C HOLD me now	32	Seated Coast	slow		
Inst (synthesizer)	32	Ride	build	▲	58s
Inst (ADD bass)	32	Ride	1/1R		
MT (ADD bigger bass)	96	Standing Climb	1/1R	▲	

BEHIND THE TRACK: In this track, we climb up hill four times. Brand new to Intervals, each hill is exactly the same, **but** we speed up each successive hill **faster** than the last.

TEACHING TARGET: The intensity of this track is progressive since each sprint gets faster. Coach your participants to try to keep cadence with the music, as well as maintain the same load from one interval to the next.

P.S. The programming on this track rated the highest during the testing phase of program development.

5 If I Only Knew

Tom Jones

6:27

CHASE

INCREASE ENDURANCE CHASING, CATCHING & PASSING THE LEADER

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
MT (synth) ...Hey	32	Transition to Ride	build	▲	
RP If I ONLY knew what I	32	Ride	1/1		
Br (synth)	4	Ride	1/1		
V ■ Home grown, on the bone	64	Ride	1/1	▲	
Br (hi-hat)	4	Ride	1/1	▲	
C If I ONLY knew what I	1-32 33-64	Standing Climb Race	1/1 1/1		
MT (synth)	64	Standing Climb/Race Combo	1/1		
	1-16	Standing Climb	1/1		
	17-32	Race	1/1		
	33-48	Standing Climb	1/1		
	49-64	Race	1/1		
V ■ Up north where the snow	60	Ride	1/1	▼	
C If I ONLY knew what I	1-32 33-64	Standing Climb Race	1/1 1/1	▲	
Br (drums)	4	Transition to Ride	1/1		
Inst (drums) ...I bared my soul	64	Ride	1/1	—▲	
RP If I ONLY knew what I	32	Ride	1/1 or 1/1+		11s
QMT (synth) ...Hey	1-16 17-32	Transition to Standing Climb Standing Climb	slow build	▲	
C Chg If I ONLY knew what I	1-32 33-64	Standing Climb Race	1/1 1/1		
Br (explosion + fast drums)	4	Race	1/1		
MT (synth)	64	Standing Climb/Race Combo	1/1		
V ■ Up north where the snow	60	Ride	1/1	▼	2:20 to end
C If I ONLY knew what I	1-32 33-64	Standing Climb Race	1/1 1/1	▲	
Br (drums)	4	Transition to Ride	1/1		
Inst (drums) ...I bared my soul	64	Ride	1/1	—▲	
RP If I ONLY knew what I	32	Ride	1/1 or 1/1+		11s
QMT (synth) ...Hey	1-16 17-32	Transition to Standing Climb Standing Climb	slow build	▲	
C Chg If I ONLY knew what I	1-32 33-64	Standing Climb Race	1/1 1/1		
Br (explosion + fast drums)	4	Race	1/1		
MT (synth)	64	Standing Climb/Race Combo	1/1		

BEHIND THE TRACK: Typically after a Chase sequence, we do a 1/1+. In this track, rather than leave the pack behind, your goal is to stay with them when doing the Standing Climb/Race Combo. This up/down feeling should be déjà vu from track 3.

TEACHING TARGET: Once the initial load is set, coach your participants not to deviate much from that point when increasing or decreasing the load. Otherwise, they'll be unstable when going back into Standing Climb.

STRg STRg STRg C STRg STRg C

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (drums)	32	Seated Coast	slow		
Inst (ADD hi-hat)	32	Ride	build	▲	
Inst (ADD quiet synth)	64	Ride	1/1		
Inst (synth + empties)	32	Transition to Seated Coast	slow		
V ■ Life is a mystery	36	Seated Coast (stress reversals 1)	slow		
Br HOME	16	Transition to Ride	slow		
C ■ When you call my name	32	Ride	1/2		
QMT (synth) THERE	32	Ride	build	▲	
MT (synth) THERE	64	Race	1/1		90s to break
MT Chg (synth) THERE	128	Race	1/1		
V Like a child, you whisper	32	Transition to Seated Coast	slow		
V It's like a dream	32	Seated Coast (stress reversals 2)	slow		
C ■ When you call my name	32	Ride	1/2		
MT (synth) THERE	32	Ride	build	▲	
MT (synth) THERE	64	Race	1/1		2m to end
MT Chg (synth) THERE	128	Race	1/1		
MT (synth)	64	Race	1/1		

Stress Reversals

- (1) UT (lat flex neck w/ reach behind)
- (2) Pec Major (abd shoulders, hands behind head)

BEHIND THE TRACK: The initial section of this track is for active recovery before we get to the stress reversals.

TEACHING TARGET: Coach the terrain well so the track allows participants to recover from Chase and prepare for Climb.

P.S. The workout in this track comes from maintaining a quick cadence with a light load over a sustained period of time.



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (repeating synth)	32	Seated Coast	slow		
Inst (ADD clapping)	32	Ride	build	▲	
QMT (synth builds)	32	Ride	1/1		
MT (whole band)	96	Standing Climb	1/1	▲▲▲	
Br (cymbal crash)	4	Standing Climb	slow		
QC ■ Let's go now baby	1-16 17-32	Transition to Ride Ride	slow build	▼	
C ■ Let's go now baby	32	Ride	1/1		
MT (whole band)	96	Standing Climb	1/1	▲▲▲	
Inst (repeating synth)	80 1-16 17-32 33-48 49-64 65-80	Standing Climb/Ride Combo Standing Climb Ride Standing Climb Ride Standing Climb	1/1R 1/1R 1/1R 1/1R 1/1R		30s
QV JUMP, jump	32	Transition to Ride	slow	▼	
V JUMP, jump	32	Ride	1/1		
Br (cymbal crash)	4	Ride	1/1		
QC ■ Let's go now baby	1-16 17-32	Transition to Standing Climb Standing Climb	slow build	▲	
MT (whole band)	96	Standing Climb	1/1	▲▲▲	
Inst (repeating synth)	80	Standing Climb/Ride Combo	1/1R		30s

1st Climb

2nd Climb

3rd Climb

BEHIND THE TRACK: The programming duration is shorter than previous track 7s, but don't let that fool you. It's purely condensed intensity!

TEACHING TARGET: Focus your coaching on the load increases -- they need to be bigger than normal. What will help your participants succeed with this is to quantify how many times they'll have to turn it up.

st st st sc st sc st

st c.

LANDMARKS	BLK	POSITION	SPEED	LOAD
Inst (piano)	16	Seated Coast	slow	
V ■ When driving slow	32	Ride	1/1	▲
PC The WORLD slows down	32	Ride	1/1	
C I can't take it any longer	32	Race	1/1	
Br I hate this part right here	8	Transition to Ride	1/1	
V ■ Every day	32	Ride	1/1	
PC The WORLD slows down	32	Ride	1/1	
C I can't take it any longer	32	Race	1/1	
Br I hate this part right here	8	Transition to Ride	1/1	
V ■ Every day	32	Ride	1/1	
PC The WORLD slows down	32	Ride	1/1	
C I can't take it any longer	32	Race	1/1	
Br I hate this part right here	8	Transition to Ride	1/1	
Chg I KNOW you'll ask me to	32	Ride	1/1	
C Chg I can't take it any longer	64	Race	1/1	
Br I hate this part right here	1-16 17-32	Transition to Seated Coast Seated Coast (stress reversals)	slow slow	

Stress Reversals
• Ant Delt (ext shoulders)

BEHIND THE TRACK: The song duration is a little longer to provide participants more time to recover due to the overall intensity of the release.

TEACHING TARGET: Coach participants to find a cadence and position that best helps them to recover.





Stacy

Sugarland 4:59

STRETCH

IMPROVE RANGE OF MOTION & AID MUSCULAR RECOVERY

LANDMARKS	BLK	POSITION	SPEED	LOAD
V ■ I've been sittin' here staring I'll be CRYING	1-24 25-32	Dynamic Calf Stretch Transition off bike to standing	slow	▲
V ■ And I'll be beggin' you baby	16	L Hip Flexor (ext hip, tilt pelvis post)		
V Oh for the NEXT time we'll be	16	ADD L Reach OH		
V ■ What do I have to do to	16	L Gastroc (ext knee, dorsiflex ankle)		
C Why don't you stay ■	16	L Quads (flex knee, hold lower leg)		
C When she calls you will GO	16	L Hams (flex hip, ext knee)		
Inst (guitar) STAY, yeah	1-8 9-16	Spinal Flexors (ext trunk, reach OH) Pec Maj (abd shoulders, hands behind head)		
V ■ You keep tellin' me baby	16	R Hip Flexor (other side)		
V But I DON'T think that's	16	ADD R Reach OH		
V ■ It's too much pain to have	16	R Gastroc		
C Why don't you stay ■	16	R Quads		
C When she calls you will GO	16	R Hams		
Chg (guitar) STAY, yeah I can't TAKE it	1-4 5-20	Transition to L ITB stretch L ITB (add hip, lat flex trunk, reach OH)		
Chg I can't WASTE another minute	16	R ITB (other side)		
V So the NEXT time you find For MINE	1-8 9-16	UT (Lat flex neck w/ reach behind) UT (other side)		
C Why don't you stay ■	16	L Glut med/min (foot on opp knee)		
C When she begs you not to GO	16	R Glut med/min (other side)		
Ref STAY, yeah, ooooooh	1-8 9-16	Spinal Flexors Pec Major		

BEHIND THE TRACK: Learning the lyrics will help you remember the programming. This pop country song provides nice contrast to the rest of the release.

TEACHING TARGET: When coaching the Spinal Flexor stretch, coach participants to exhibit spinal extension and to maintain it when transitioning to the Pec Major stretch.

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (cymbal crash)	8	Seated Coast	slow		
Inst (bass + drum)	32	Ride	build	▲	
Inst (softens, echo)	32	Ride	1/1		
Inst (ADD bass + drum)	32	Ride	1/1		
V HOW can you see	32	Ride	1/1		
PC Without a soul	32	Ride	1/1	▲	
Br (cymbal crash) To LIFE	4	Transition to Standing Climb	1/1		
C WAKE me up	48	Standing Climb/Race Combo	1/1		
	1-16	Standing Climb	1/1		
	17-32	Race	1/1		
	33-48	Standing Climb	1/1		
Inst (synthesizer echo) BECOME	64	Race	1/1		
V NOW that I know	32	Ride	1/1		
Br (cymbal crash) To LIFE	4	Transition to Standing Climb	1/1	▲	
C WAKE me up	48	Standing Climb/Race Combo	1/1		
Inst (synthesizer echo) BECOME	64	Race	1/1		
V NOW that I know	32	Ride	1/1		
Br (cymbal crash) To LIFE	4	Transition to Standing Climb	1/1	▲	
C WAKE me up	48	Standing Climb/Race Combo	1/1		
Inst (synthesizer echo) BECOME	32	Race	1/1		
Chg (softens) FROZEN inside (builds) ONLY you are the	1-16	Ride	slow		75s to end
	17-32	Ride	build		
Chg (rap) ALL this time I can't	32	Ride	1/1		
C WAKE me up	48	Standing Climb/Race Combo	1/1		
Inst (synthesizer echo) BECOME	1-32	Race	1/1		23s
	33-96	Race	1/1 or 1/1+		

BEHIND THE TRACK: This is the first time we've had a Chase track where we only turn the load UP!

TEACHING TARGET: Coach participants that there are 4 load increases, and no decreases. The purpose of the first two load increases is to prepare them to stand safely. Increase #3 & #4 are designed to take the workout over the top.

80 ST past 8 8 8 30 Ra 15 C Ra 15 C Ra 30 C Ra 24 45 24 45

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (clapping)	16	Seated Coast	slow		
Inst (ADD hi-hat + bass)	32	Ride	build	▲	
V (ADD big bass) Metal lick	64	Ride	1/1		
RP LICKER, lick, lick	16	Transition to Standing Climb	slow	▲	
Inst (synthesizer)	32	Standing Climb	build		
Inst (ADD bass)	64	Standing Climb	1/1		
V (softens) Metal lick	32	Standing Climb	slow	▲	
Inst (bass)	96	Standing Climb	1/1R		37s
V (softens) Metal lick	32	Transition to Seated Coast	slow	▼	
Chg (sound effect) LICKER, lick	32	Seated Coast	slow		
Inst (keyboard)	32	Ride	build	▲	
Inst (ADD snare drum)	96	Ride	1/1		
Br (empty) Metal lick	8	Transition to Standing Climb	1/1	▲	
Inst (keyboard)	96	Standing Climb	1/1		
Inst (softens)	32	Transition to Ride	1/1		
Inst (bass)	64	Ride	1/1		
Inst (softens)	32	Transition to Standing Climb	slow	▲	
Inst (synthesizer)	32	Standing Climb	1/1		
Inst (ADD bass) (faster)	1-32 33-64	Standing Climb	1/1R		
(repetitive bass beat)	65-96	Standing Climb	1/1R or 1/1R+		12s

1st Climb

2nd Climb

BEHIND THE TRACK: This is a musically-driven track. You need to know the programming 100% in order to effectively teach it.

TEACHING TARGET: There are only three load increases in each climb in this track, so each one should be ginormous.

When the transition from Standing Climb to Ride occurs in the 2nd Climb, WITHOUT a load decrease, the challenge should be such that participants can barely keep up.

8 SC ST^R 30 SC ST SC ST^R
45 165 60 45 30 75