

Enrique Iglesias

5:55

OCT 10

WARM UP, INCREASE HEART RATE & INTRODUCE RIDING POSITIONS

LANDMARKS

	BLK	POSITION	SPEED	LOAD	ETA
Intro (whistles + rhythm)	11	Seated Coast	build		
Inst (rhythm + guitar) ...Esta noche	32	Ride	1/1	▲	
V ■ Tonight we dance	32	Ride	1/1		
PC Don't let the WORLD in outside	16	Ride	1/1		
C BALLEMOS! Let the rhythm	64	Race	1/1	▲	30 sec
Br Te QUIERO	6	Transition to Ride	1/1		
Inst (rhythm + guitar)	16	Ride	1/2		
V ■ Tonight we dance	32	Ride	1/1		
PC Don't let the WORLD in outside	16	Ride	1/1		
C BALLEMOS! Let the rhythm	64	Race	1/1	▲	
Br Te QUIERO	6	Transition to Ride	1/1		
Inst (rhythm + guitar)	16	Ride	1/2		
V ■ Tonight I'm yours	32	Ride	1/1		
PC I won't be LEAVING your side	16	Ride	1/1		
C BALLEMOS! Let the rhythm	64	Race	1/1	▲	
Br Te QUIERO	8	Transition to Ride	1/1		
Chg WHOA! Tonight we dance	32	Ride	1/2	▲	
Inst (guitar solo)	32	Standing Climb	1/2		
Chg WHOA! Tonight we dance	1-24 25-32	Transition to Ride Ride	slow build	▼	
QC BALLEMOS! Let the rhythm	32	Ride	1/1		51s
C BALLEMOS! Let the rhythm	32	Race	1/1	▲	
Rep (races) BALLEMOS! Let the rhythm	32	Race	1/1		to end

3 races / 1 climb / 1 Race

3 identical races 30 sec each

30 sec Climb = 15 sec Seated + 15 sec up

30 sec Race home.

NOTE: BITS UPDATE

TRACKS: ①②③⑦

1/2 @ Ride = "Seated Climb"

alot more

work in the

saddle with

this release

Time 2 get the legs a heart

working

→ The pace break allows participants to relax their legs briefly so that they can resume the pace with better execution. enjoy a little break.

this is a preview of the next track
may not need it now but you'll
thank me later

③ feel like you need to stand - Now!

→ This hill is very short. Coach participants to really turn it up to get the feel for the hill work later.

flatter out the road

→ This resistance change is an opportunity to make sure participants are warm before the pace picks up in terrain.

BEHIND THE TRACK: We were due for a great release started off right and makes an excellent addition to the Ride library.

TEACHING TARGET: Coach the one short hill as preparation for the heavy leg work that follows in later tracks. Have participants establish a heavy lead in the saddle before standing. The hill is short, so they should be successful with this.

Be sure to watch the Teaching Target Getting New Participants Started.

* P.S. In terms of the tempo, this track is on the faster side of the Brand Architecture for a Ride track. This is intentional to help participants get the legs loose for the workout. The opportunities to slow the pace are so that the faster pace does not push participants too far too fast.

Down

TERRAIN

Jay Sean feat. Lil Wayne

6:03

INCREASE WORKOUT INTENSITY USING VARIOUS COMBINATIONS OF RIDE TERRAINS

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (drums + light synth) Down, down	32	Transition to Ride	1/2		
Inst (thicker instrumental) Down, down	32	Ride	build	▲	
MT (bigger beat) DOWN, down, down	32	Race	1/1	▲	15 sec
V You oughta KNOW tonight	32	Ride	1/1		
PC So leave it BEHIND	32	Ride	1/1		
C So baby don't WORRY you are	64	Race	1/1	▲▲	30s
V You oughta KNOW tonight	32	Ride	1/1	▼	
PC So leave it BEHIND	32	Ride	1/1		
C So baby don't WORRY you are	64	Race	1/1	▲▲	30s
QV DOWN, just let it be	1-16 17-32	Ride Ride	slow build	▼	
PC So leave it BEHIND	32	Ride	1/1		
C So baby don't WORRY you are	64	Race	1/1	▲▲	30s
Inst (synth + drums) DOWN, down	1-16 17-32	Ride Transition to Standing Climb	1/2 1/2	▲	
Chg DOWN like she s'posed to be	64	Standing Climb	1/2		
C So baby don't WORRY you are	32	Race	1/1	▼	60s
MT DOWN, down, down, baby are you	32	Race	1/1		
MT DOWN, down, down, baby are you	64	Race	1/1	▲	to end

3 races / 1 climb / 1 race

15 sec INTRO RACE

3 IDENTICAL 30 sec RACES

no break, 8 sec establish lead → hill (8s)

→ 30 sec standing climb

Build speed sit race for 60 sec turn up! halfway thru 1st.

→ Coach that from this point until the first pace break in the QV is a little over 2 minutes. This is a longer and faster version of the race segments from the Ride track and will increase workout intensity.

→ This is a resistance break. Coach participants to try to keep the pace elevated. recovery from small change in resistance

→ By this point participants should want to slow down, but it is not a recovery, just a pause to take the sizzle out of the legs.

feel like you need to stop

→ This hill is longer than the one in the Ride track and is your opportunity to coach participants through Standing Climb execution in preparation for Roll.

BEHIND THE TRACK: This track is designed with more time in the saddle to balance out the heavy leg feel of the work in the rest of the release.

TEACHING TARGET: Coach a smooth pedaling technique with the faster pace early on in this track. The pedaling should be just as smooth here at a faster pace as it was with the slower pace in Ride.

P.S. Three common culprits that lead to bouncing in the saddle when pedaling at faster cadences are

- Insufficient resistance to control the pedals
- Keeping the ankles rigid rather than relaxed
- Stomping the pedals down rather than relaxed pedaling in a circle

Bad Case of Loving You (Doctor, Doctor)

ROLE

Robert Palmer

5:34

5 Rounds :: 12 sec

GRADUALLY INCREASE WORKOUT INTENSITY WHILE ROLLING OVER HILLS

LANDMARKS

Inst	BLK	POSITION	SPEED	LOAD	ETA
Inst (cowbell + clapping)	16	Seated Coast	slow		
Inst (ADD bass guitar)	32	Ride	build	▲	
Inst (ADD galloping synthesizer)	32	Ride	1/1		
MT (full synthesizer) ... Whoaa	64	Standing Climb	1/1	▲	25s
V A hot summer NIGHT	64	Ride	1/1	▼▲	
C DOCTOR, doctor	1-16	Ride	1/2	▲	
■ No pill's gonna	17-32	Ride	1/1		
MT (full synthesizer)	32	Standing Climb	1/1		12 sec SWHL
V A hot summer NIGHT	64	Ride	1/2 or 1/1	▼▲	
C DOCTOR, doctor	1-16	Ride	1/2	▲	
■ No pill's gonna	17-32	Ride	1/1		
MT (full synthesizer)	32	Standing Climb	1/1		12 SWHL 2 stay in saddle 10 p.m.
V A pretty FACE	64	Ride	1/1	▼▲	
C DOCTOR, doctor	1-16	Ride	1/2	▲	
■ No pill's gonna	17-32	Ride	1/1		
MT (full synthesizer + guitar solo)	32	Standing Climb	1/1		12 SWHL 3 longer!!
Chg I know you like it	36	Ride	1/1		
MT (full synthesizer) ... Whoaa	64	Standing Climb	1/1	▲	1516 4
V You had me DOWN	64	Ride	1/1	▼▲	
C DOCTOR, doctor	1-16	Ride	1/2	▲	
■ No pill's gonna	17-32	Ride	1/1		
MT (full synthesizer + guitar solo)	64	Standing Climb	1/1		25s 1516 5 5th Hill

3 rounds
no break
the biggest!

Something slow feel different downstairs

Rolling hills

Coach participants to make the slow pace feel sticky before returning to pace. The acceleration should not be easy. It should feel like pushing up a hill.

Coach participants to make sure to maintain knee alignment as they push the resistance back to the pace. The knees and toes should point forward, even on the first pedal stroke. Coach heel drop for more power when seated.

longer!!

You should really hear the groans when participants return to the saddle here.

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

TEACHING TARGET: Coach participants to really find a challenging resistance during the "Doctor, doctor" lyric in the chorus but be sure to let them know that they can always take a bit off if they get too much resistance.

P.S. Starting the hills in the saddle should help participants use a bit more resistance. Often participants will use less because standing up on its own feels more intense. Staying in the saddle to start a hill will require more resistance in order for participants to find the intensity that they are used to experiencing at those points.

Take away the small change in the track objective for Roll. It has changed from "maintain gradually increase intensity by rolling over hills" to "gradually increase workout intensity while rolling over hills".

Simple + 25s stand climb

3 IDENTICAL ROUNDS : 12 sec
But "doctor, doctor" slows to half past with a increase of gear.

Then back on beat for 8 rolling over hills.

Round 4 no recovered + just 25 sec

3 sec
except 4 has
round 2

stand
over

Bruno Power

5:49

IMPROVE FITNESS USING INTERVAL TRAINING

3 IDENTICAL ROUNDS

3 intervals

1.15 climb

40sec climb break

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (guitar)	20	Seated Coast	slow		
Inst (guitar) It's over ■	16	Ride	1/1	▲	
Inst (builds + accelerates)	40	Ride	1/1R		75s to
CMT (heavy synthesizer)	32	Ride	1/1	▲	break
CMT (ADD snare drum)	16	Ride	1/1		
Inst (building)	32	Ride	1/1		
MT (heavy synthesizer + bass)	64	Standing Climb	1/1	▲▲	25s
Inst (slowing) SEATED COAST	28	Transition to Seated Coast	slow		
Inst (guitar)	20	Seated Coast	slow		
Inst (guitar) It's over ■	16	Ride	1/1	▲	
Inst (builds + accelerates)	40	Ride	1/1R		
CMT (heavy synthesizer)	32	Ride	1/1	▲	
CMT (ADD snare drum)	16	Ride	1/1		
Inst (building)	32	Ride	OPTION 1/1 or 1/1+		12sec
MT (heavy synthesizer + bass)	64	Standing Climb	1/1	▲▲	
Inst (slowing) SEATED COAST	28	Transition to Seated Coast	slow		
Inst (guitar)	20	Seated Coast	1/1		
Inst (guitar) It's over ■	16	Ride	1/1	▲	
Inst (builds + accelerates)	40	Ride	1/1R		
CMT (heavy synthesizer)	32	Ride	1/1	▲	
CMT (ADD snare drum)	16	Ride	1/1		
Inst (building)	32	Ride	OPTION 1/1 or 1/1+		
MT (heavy synthesizer + bass)	64	Standing Climb	1/1	▲▲	

→ Coach participants to add resistance here until the slow pace feels challenging or sticky.

→ Coach participants to use the resistance to slow the feet back down to the pace at the end of each of the ramps. This will make the resistance quite challenging, which is the goal.

USE RESISTANCE TO GET BACK

→ The seated sections fatigue the legs, the standing sections should make participants winded.

→ Let participants know that when the resistance is up, the seated sections will make the legs feel heavy. They should not be able to easily accelerate.

→ Have a participant that always wants more intensity, here is a chance! Go with the music.

fantastic work up till now no need to stop anything

→ Participants have had two runs, so they know the workout, this is their chance to really give it their all.

TEACHING TARGET:

The build into Standing Climb should be coached on the pace during the first interval. During the second and third intervals, coach the option of the 1/1+ as a way to increase the intensity of the intervals.

* P.S. The interval set is 3 x 75 seconds working with 40 second breaks. One key to finding the

challenge in this track is making the resistance feel challenging during the slow portion of the 1/1R section and then accelerating.

The physical challenge of this track will extend the shelf life of the workout. It is important participants to find success with it.

JOHNNY B. GOODE

CHASE

Judas Priest

5:54

INCREASE ENDURANCE CHASING, CATCHING & PASSING THE LEADER

5 chances

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (drums + synth)	16	Seated Coast	slow		
Inst (drums + synth) GO , go, go	32	Ride	build	▲	
Inst (ADD guitar) GO , go, go	16	Ride	1/1		
Inst (guitar solo)	20	Ride	1/2	▲	
Inst (bass + guitar) ...Yaaaaah	32	Ride	1/1		
Inst (synth)	32	Race	1/1	▲	
MT (bass + synth) GO , go, go	32	Standing Climb	1/1	▲	
V Deep DOWN in Louisiana	64	Ride	1/1	▼▲	
PC He NEVER ever learned	16	Ride	1/1	▲	
C <u>Go GO</u> , go Johnny go	64 1-16 17-32	Chase Combo 2x Race Standing Climb	1/1 1/1 1/1		22s
V • He used to CARRY his guitar	64	Ride	1/1	▼▲	
PC The PEOPLE passin' by	16	Ride	1/1	▲	
C Go GO, go Johnny go	64	Chase Combo 2x	1/1		
Br (synth + vocal sustain)	16	Standing Climb	1/2		
Inst (guitar + drums + synth)	160	Standing Climb or Race	1/1R		52s
Br (synth) Go ■ go, go	16	Ride	1/2	▼	
V Deep DOWN in Louisiana There STOOD an old cabin	1-32 33-64	Ride	1/1 or 1/2 1/1		
PC He NEVER ever learned	16	Ride	1/1	▲	
C Go GO, go Johnny go	64	Chase Combo 2x	1/1		
V His FATHER told him	64	Ride	1/1	▼▲	1/1R
PC MAYBE someday you'll	16	Ride	1/1	▲	
C Go GO, go Johnny go	96	Chase Combo 3x	1/1		33s

heavy gear!

chase in race - NEW!

① Establish well ahead of this point that the Chase begins in the saddle. Participants are used to standing in Chase as soon as the music changes. If you don't coach otherwise in advance, then Standing Climb is where they will go right off the bat.

② Use this short break to establish the ETA and the options.

③ Coach that it is okay to stay on the slower pace longer to recover from the previous section, if needed.

④ 3 up to finish

Keep that back wheel in sight

BEHIND THE TRACK: This track was designed during the Race coming before the Standing Climb workout feel, meeting the goal of creating a periodized workout.

TEACHING TARGET: Coach the fact that the middle of the five chases is the longest and that the 1/1R section can be executed in Standing Climb, Race, or switching between the two as needed. Praise participant success with this challenging section.

P.S. Some participants may not be successful executing the 1/1R section in Standing Climb for the entire 52 seconds on the first few tries. This is one reason why it is important to honor the shelf life and stick with the release for a 2-4 week period. It allows time for participants to build stamina for the workout and find success with the section. Moving on too soon does not give time for this adaptation to occur.

Rest Rest Rest C St Rev

C C

Lady Antebellum 6:28

RECOVER FROM CHASE & PREPARE FOR CLIMB BY RIDING A LONG FLAT ROAD

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (drums + light synthesizer)	32	Seated Coast	slow		
Inst (drums + bass) Oh baby	1-32	Strass Reversal	slow		
	33-64	UT (lat flex neck w/ reach behind)	slow		
Inst (lighter drums) Oh baby	32	Ant Delt (ext shoulders)	slow		
Inst (lighter drums) Oh baby	32	Seated Coast or Ride	build		
Inst (bigger bass) Oh baby	32	Seated Coast or Ride	1/2 or 1/1		
V PICTURE perfect memories	64	Ride	1/2 or 1/1		
C It's a QUARTER after one	48	Race	1/1		
Inst (synthesizer)	96	Race	1/1		
V (male) ANOTHER shot of whiskey	64	Ride	1/2 or 1/1		
C It's a QUARTER after one	48	Race	1/1		
Inst (synthesizer)	96	Race	1/1		
Chg Guess I'd RATHER hurt	16	Ride	1/1		
OC It's a QUARTER after one	1-8	Transition to Seated Coast	slow		
	9-16	Shoulder Roll	slow		
Inst (synthesizer) ... I just need you	17-48	Ride	build		
Inst (synthesizer)	32	Race	1/1		
Inst (synthesizer)	64	Race	1/1		
Inst (lighter)	32	Race	1/1		

1-15 sec
fl
recovery

① feel free to change your opinion to suit your workout

67s in Race
2

15
60s to end
3
15

BEHIND THE TRACK: This was the highest scoring song during the Testing Phase of Program Development.

TEACHING TARGET: Coach participants to select their intensity and pace based on how they feel. Help them decide by pointing out that Climb has three intense mountains.

P.S. It is always an option to ride the entire Spin track at the 1/2 pace. How participants choose to approach the track should be based on how they are feeling on a given day.

LANDMARKS

BLK

POSITION

SPEED

LOAD

ETA

Inst	(light drums)	16	Seated Coast	slow		
Inst	(ADD light bass)	32	Ride	build	▲	
Inst	(ADD electronic sounds)	32	Ride	1/1	▲	
Br	(empty + electronic sounds)	16	Ride	slow	▲	
MT1	(heavy bass + electronic sounds)	64	Ride	1/1	▲	8 sec
Inst	(empty) I want you to get up	16	Transition to Standing Climb	slow	▲	15 sec
Inst	(electronic sounds build) ... I want	32	Standing Climb	build		25 sec
MT1	(heavy bass + electronic sounds)	64	Standing Climb	1/1R		25 sec
Br	(empty + electronic sounds)	16	Ride	slow	▼	25 sec
MT1	(heavy bass + electronic sounds)	64	Ride	1/1	▲	8 sec
Inst	(empty) I want you to get up	16	Transition to Standing Climb	slow	▲	15 sec
Inst	(electronic sounds build) ... I want	32	Standing Climb	build		25 sec
MT1	(heavy bass + electronic sounds)	64	Standing Climb	1/1R		25 sec
Inst	(light synthesizer) ... I don't have	32	Transition to Ride	slow	▼	3m to end
Inst	(synthesizer) ■ The air is unfit	32	Ride	1/2		
Inst	(ADD trumpet)	32	Ride	1/2	▲	
Inst	(beat returns + trumpet)	64	Ride	1/1	▲	
Inst	(heavy hit + synthesizer)	32	Ride	1/1	▲	
Br	(empty) I'm as mad as hell	8	Transition to Standing Climb	1/1	▲	
MT2	(heavy bass + synthesizer)	64	Standing Climb	1/1		
Inst	(trumpets + synthesizer builds)	32	Transition to Ride	1/1		
Br	(empty)	8	Ride	1/1	▲	
MT2	(heavy bass + synthesizer)	32	Ride	1/1	▲	
Inst	(empty) I'm as mad as hell	16	Transition to Standing Climb	1/2	▲	
Inst	(synthesizer builds)	16	Standing Climb	build		
MT1	(heavy bass + electronic sounds)	96	Standing Climb	1/1R	→	36s

SC ST

ST

SC ST SC ST

1st Mountain ~ S turns

Climb in the saddle

more work in saddle

Participants may not feel winded until the break after this section, but their legs should be getting tired. match the beat to the feet

fewer turns in this climb that some of the turns you have

This section should feel more intense than the first mountain cardiovascularly because there was not quite enough time to recover.

1/2 way!

3rd Mountain
Build the resistance so that the slow pace feels sticky.
time to work.

We up but not for long about to climb in the seat 5 seconds in legs

This should feel like one of the most intense spots in the release in terms of resistance.

challenge!
cavale.

BEHIND THE TRACK: The design of this track should have participants' legs feeling heavy by the end. The amount of time in the saddle under load challenges the leg strength. The short bursts out of the saddle challenge cardiovascular fitness.

TEACHING TARGET: Paint a clear picture of the workout with your coaching during the break after the second mountain. Since the last mountain is around 3 minutes long, participants will need to know what is coming to help them be successful.

8 Empire State of Mind

CELEBRATE

Jay-Z feat. Alicia Keys

4:28

RECOVER BY FLUSHING LEGS & PERFORMING STRESS REVERSALS

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (bass + drums)	16	Seated Coast	slow		
V (Jay-Z) I'm up at BROOKLYN	64	Seated Coast or Ride	1/2 or 1/1	▲	
C (Alicia) In NEW York	40	Race	1/1		
V (Jay-Z) Catch me at the X	64	Ride	1/1		
C (Alicia) In NEW York	40	Race	1/1		
V (Jay-Z) LIGHTS is blinding	32	Ride	1/1		
C (Alicia) In NEW York	40	Race	1/1		
Chg	16	Stress Reversal	slow	arms up	
Chg	8	Erector Spinae (ext trunk, reach arms OH)	build	wave?	
C In NEW York	40	Ride	1/1		
Outro (piano sustain + fade)	4	Seated Coast	slow		

← Coach the Race position as an opportunity to reset the upper body and stretch the back. It is not about going back to work.

This is recovery for today's workout.
The stretch is recovery for tomorrow's workout

BEHIND THE TRACK: This song has a little bit different feel than we usually have for Celebrate but it is a great song that will be a hit with your participants.

TEACHING TARGET: Be sure to allow a bit of time in your coaching for participants to just ride and relax. Sometimes less is more. It is not necessary to fill all of the time with your voice. Let the music speak.

P.S. Take some time to review the July 10 Education Session titled, **Music - Your Assistant Coach** for tips on working with the music.

It is important to first learn the music to help with learning the programming for a track. Knowing the music well frees you up from having to actively listen to the music and makes you more available to interact with your participants.

Two is Better than One

SIKELOH

Boys Like Girls feat. Taylor Swift

4:21

IMPROVE RANGE OF MOTION & AID MUSCULAR RECOVERY

LANDMARKS		BLK	POSITION
Inst	(guitar)	8	Transition to standing on floor
V	■ I remember what you wore	16	Hams L (flex hip, ext knee)
V	'Cause everything you do	16	Hams R (flex hip, ext knee)
C	So maybe its TRUE	36 1-16 17-36	Stretch Combo R Quads R (flex knee, hold lower leg) Gastroc R (ext hip + knee, dorsiflex ankle)
Br	(guitar)	4	Transition to next stretch
V	■ I remember every	16	Glute Med/Min, R (foot on opp knee)
V	'Cause when I close my eyes	16	Glute Med/Min, L
C	So maybe its TRUE	36	Stretch Combo L R
Inst	(strings + drums)	16	Spinal Rotation L/R (rotate trunk)
QV	■ I remember what you wore	12	Ant Delt (ext shoulders)
C	So maybe its TRUE	32	Stretch Combo L R
C Chg	OOOH, I can't live without	36	Stretch Combo L R
Inst	(guitar) Than one ■	1-4 5-8	Step feet together Shoulder Roll
QRef	TWO is better than	8	Pec Major (abd shoulders)

BEHIND THE TRACK: Quadriceps, hamstrings and gastroc stretches are revisited repeatedly because of the heavy leg feel produced by this release.

TEACHING TARGET: Coach participants to keep the head above the heart during the hamstrings stretches. This will help avoid feelings of dizziness when standing back up. The stretch can be intensified by lifting the hips back and up rather than bending lower.

P.S. The stretches for gastrocnemius in the Stretch Combo also serve to open the front of the hips and provide a hip flexor stretch.

Summer Nights

Rascal Flatts 5:52

BONUS RIDE

WARM UP, INCREASE HEART RATE & INTRODUCE RIDING POSITIONS

*find the
start of yr ride today*

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (drums) It's summer nights	8	Seated Coast	slow		
Inst (guitar) Whooo, yeah	32	Transition to Ride	build	▲	
V Come on LADIES	48	Ride	1/1		
C SUMMER nights	32	Race	1/1		
Ref (guitar) Come on ■ oh yeah	16	Race	1/1	▲	
V Now FELLAS	48	Ride	1/1		
C SUMMER nights	32	Race	1/1		
Ref (guitar) Come on ■ oh yeah	16	Race	1/1	▲	
V Come on LADIES	48	Ride	1/1		
C SUMMER nights	32	Race	1/1		
Ref (guitar) Come on ■ oh yeah	16	Race	1/1	▲	
V Now FELLAS	48	Ride	1/1		
C SUMMER nights	32	Race	1/1		
Inst (guitar)	24	Ride	1/1		
Cng It's a PARTY	20	Ride	1/1	▲	
QC SUMMER nights	32	Ride	1/2	▲	
C Chg (key change) SUMMER nights	32	Standing Climb	1/2		53s
Inst (guitar solo)	32	Standing Climb	1/2	▲	to end
Inst (guitar solo) SUMMER nights	32	Standing Climb	1/2		

BEHIND THE TRACK: This song works extremely well in the context of the release and is a lot of fun, so if it fits well with your club demographic, launch with it. You could also file summer to change things up a bit.

TEACHING TARGET: When the pace slows from 1/1 to 1/2 in the Quiet Chorus (QC), coach that the resistance should become heavy. This will make the ride feel like a hill and the resistance appropriate for proper Standing Climb execution.

P.S. The concept of adding enough resistance so that one needs to stand but remains in the seat occurs repeatedly throughout this release. Establishing the concept early allows you to refer back to it later.

A Song For You

BONUS SPIN

Whitney Houston 5:52

RECOVER FROM CHASE & PREPARE FOR CLIMB BY RIDING A LONG FLAT ROAD

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (synthesizer)	32	Seated Coast	slow		
QV I've been so many places	32	Transition to Ride	1/2	▲	
QV I've acted out my love	32	Ride	1/2 or build		
V ■ I know your image of me	68	Ride	1/2 or 1/1		
V Chg You taught me precious	68	Race	1/1 or 1/2		2m to
V I LOVE you in place	68	Race	1/1 or 1/2		break
V Chg You taught me precious	68	Race	1/1 or 1/2		
V I LOVE you in place	68	Race	1/1 or 1/2		
RP This song is for YOU, this song	1-16	Transition to Seated Coast	slow		
	17-32	Stress Reversal			
	33-40	Pec Major (abd shoulders)	slow build		
V I LOVE you in place	64	Ride	1/1 or 1/2		
Rep ■ We were alone	32	Transition to Race	1/1		72s to
Br SINGING a song	8	Race	1/1	▲	end
Inst For YOU	112	Race	1/1		

BEHIND THE TRACK: This track provides an opportunity to stay on the pace for longer periods of time. If participants choose all of the faster pace options then they will be on the pace for approximately four and a half minutes.

TEACHING TARGET: Coach ETAs throughout this track to help participants manage their workout in the longer sections.

P.S. It is always an option to ride the entire Spin track at the 1/2 pace.