

INSTRUCTOR TOOLKIT



WINTER '26

INDOOR CYCLING. LIKE NO OTHER

RIDE

RELEASE 39

'THRILLER'

A STATE OF RIDE

RIDE

RELEASE 39

Track No.	Training		Title & Artist	Duration
1	Warm-Up	Sooner	Kizz Daniel	3.31min
2	Mixed Speed	Hideaway (Navagio Beach Mix)	Tones & I, Switch Disco	5.07min
3	Climbing	Thriller	Michael Jackson, Steve Aoki	6.51min
4	Attack Intervals	Back 2 Back	ShoneOne, REAPER	6.00min
5	Race Endurance	Blessings (Cassian Mix)	Calvin Harris, Clementine Douglas, Cassian	7.26min
6	Power Intervals	Bulls On Parade	YOOKIE, Code: Pandorum	6.15min
7	Peak	Silence (ÆSTRAL Remix)	Delerium, Sarah McLachlan, ÆSTRAL	6.19min
8	Ride Home & Stretch	Lost Time	Cimena Kid	3.35min

LEGEND	Load & Resistance	
		Base Working Resistance
		Add Resistance
		Decrease Resistance
		Hold Resistance
	Cadence	
	PP	Personal Pace if Unable to 1:1
	1:4	25% of 1:1rpm
	1:2	50% of 1:1rpm
	3:4	75% of 1:1rpm
1:1	100% of 1:1rpm	
Acc	Accelerating in front of the beat	
Intensity Zones		
<55%	Active Recovery	
56-75%	Endurance	
76-90%	Tempo	
91-105%	Threshold	
105+	Vo2Max, A.C & NMP	

1. Warm Up 1:1 = 102rpm

3.31min

Coaches Note:

I want riders to feel a gentle urgency as they warm-up across these 3 short rounds. Use the final set to demonstrate the Acceleration ABOVE 1:1 with the Acc surge.

	Time	Music			Training					
		Phrase	Reference	Counts	Reps	Position	Cadence	Load	Effort	Duration
Set-Up	00:00	Intro	[soft melody]	4 x 8		Seated Recovery	SLOW	○		
W-Up 1	00:18	V	I don't need liquor	4 x 8		Seated Easy	3:4	▢	Easy	60sec
	00:37	PC	I wish I met you sooner	4 x 8		^	3:4 to 1:1	▢		
W-Up 1	00:56	Ch	Eyo, eyo, eyo, eyo, eyo (yo)	4 x 8		Racing	1:1	▢		
	01:15	V	Malo shey gara gara	4 x 8		Seated Easy	PP	▢	Easy	60sec
	01:34	PC	I wish I met you sooner	4 x 8		^	3:4 to 1:1	▢		
W-Up 2	01:52	Ch	Eyo, eyo, eyo, eyo, eyo (yo)	4 x 8		Racing	1:1	▢		
	02:11	V	Malo shey gara gara	4 x 8		Seated Easy	3:4	▢	Easy:Mod	75sec
	02:30	PC	I wish I met you sooner	4 x 8		^	3:4	▢		
02:49	Ch	Eyo, eyo, eyo, eyo, eyo (yo)	4 x 8		Racing	1:1	▢			
W-Up 3	03:08	Outro	[fades]	4 x 8		^	Acc	▢		
	03:26	FINISH								

Notes:



Hideaway (Navagio Beach Mix)

Tones & I, Switch Disco

RIDE
RELEASE 39

2. Mixed Pace 1:1 = 122rpm

5.07min

Coach's Note:

I want riders to use the pre-engaged load to start their journey of cadence here. We build through our 1:1 range with some early work before unleashing an opportunity to work faster than the beat (with control). Acc is our chance to explore the magic today - it starts here.

	Time	Phrase	Music		Reps	Position	Training		
			Reference	Counts			Cadence	Load	Effort
Set-Up	03:37	Intro	takin' me higher than	4 x 8		Seated Recovery	1:4		
Pace 1	03:53	V	not even I can find a way	4 x 8		Seated Easy	1:2	○	
	04:09	PC	baby, I love the way	4 x 8		^	3:4	↗	
	04:25	Ch	Ooh, ah, ah, ooh	4 x 8		Racing	1:1	↗	Mod 60sec
	04:40		Ooh, ah, ah, ooh	4 x 8		^	1:1	↗	
	04:56	Repr	you're sendin' me shivers	4 x 8		^	1:1		
	05:12		pullin' my head into	4 x 8		^	Acc		
Pace 2	05:28	br	(Ooh, ah, ah, ooh)	4 x 8		Seated Recovery	SLOW		
	05:43	PC	baby, I love the way	4 x 8		Seated Easy	1:2 to 3:4		
	05:59	Ch	Ooh, ah, ah, ooh	4 x 8		Racing	1:1		Mod 60sec
	06:15		Ooh, ah, ah, ooh	4 x 8		^	1:1	↗	
	06:30	Repr	you're sendin' me shivers	4 x 8		^	1:1		
	06:46		pullin' my head into	4 x 8		^	Acc		
Climb 1	07:02	br	(Ooh, ah, ah, ooh)	4 x 8		Seated Recovery	SLOW		
	07:17	PC	baby, I love the way	4 x 8		Seated Climb	1:4 to 1:2		
	07:33	Q Ch	Ooh, ah, ah, ooh	4 x 8		^	1:2	○	
	07:49	Ch	Ooh, ah, ah, ooh	4 x 8		Standing Climb	1:2	↗	Mod:Hard 45sec
	08:05		with me some more_	4 x 8		^	1:2	↗	
	08:21	Outro	[fades]	4 x 8		Standing Climb	Acc		
	08:36	FINISH							

Notes:



Thriller

Michael Jackson, Steve Aoki



6.51min

3. Climbing 1:1 = 66rpm

Coach's Note:

I want riders to find the drama & performance in the music to find their 'extra'. Be it the cues or be it the cueing - have fun, these efforts are short so they reward making the most of the changes.

	Music				Training					
	Time	Phrase	Reference	Counts	Reps	Position	Cadence	Load	Effort	Duration
Set-Up	08:56	Intro	HAHAHA	4 x 8		Seated Recovery	1:4			
Climb 1	09:03	V	it's close to midnight	4 x 8		Seated Climb	3:4	○		
	09:19		you try to scream	4 x 8		^	3:4			
	09:34	PC	cause this is thriller	2 x 8		^	1:1	↗		
	09:42		cause this is thriller	2 x 8		^	1:1	↗		
	09:50	Upbeat	(drum builds)	4 x 8		^	Acc			
	10:05	Ch	[THRILLER SYNTH]	2 x 8		Standing Climb	1:1	↗	Mod	30sec
	10:13		[THRILLER SYNTH]	2 x 8		^	1:1	↗		
10:20	Ch	[THRILLER SYNTH]	2 x 8		^	1:1	↗			
10:28		[THRILLER SYNTH]	2 x 8		^	1:1	↗			
Climb 2	10:36	br	(hahahaha)	2 x 8		Standing Recovery	SLOW			
	10:43	V	you hear the door slam	4 x 8		Seated Climb	3:4	↓		
	10:59		you close your eyes	4 x 8		^	3:4	↗		
	11:14	PC	cause this is thriller	2 x 8		^	1:1	↗		
	11:22		cause this is thriller	2 x 8		^	1:1	↗		
	11:29	Upbeat	(drum builds)	4 x 8		^	Acc			
	11:45	Ch	[THRILLER SYNTH]	2 x 8		Standing Climb	1:1	↗	Mod:Hard	30sec
11:53		[THRILLER SYNTH]	2 x 8		^	1:1	↗			
12:00	Ch	[THRILLER SYNTH]	2 x 8		^	1:1	↗			
12:08		[THRILLER SYNTH]	2 x 8		^	1:1	↗			
Climb 3	12:16	br	(hahahaha)	2 x 8		Standing Recovery	SLOW			
	12:23	V	you hear the door slam	4 x 8		Seated Climb	3:4	↓		
	12:39		you close your eyes	4 x 8		^	3:4	↗		
	12:54	PC	cause this is thriller	2 x 8		^	1:1	↗		
	13:02		cause this is thriller	2 x 8		^	1:1	↗		
	13:09	Upbeat	(fade to drum builds)	4 x 8		^	Acc			
	13:25	Ch	[THRILLER SYNTH]	2 x 8		Standing Climb	1:1	↗	Hard	30sec
13:32		[THRILLER SYNTH]	2 x 8		^	1:1	↗			
13:40	Ch	[THRILLER SYNTH]	2 x 8		^	1:1	↗			
13:48		[THRILLER SYNTH]	2 x 8		^	1:1	↗			
CLIMB 4	13:55	br	darkness falls across the land	4 x 8		Standing Recovery	SLOW			
	14:11	PC	and whoever shall be found	2 x 8		Seated Climb	1:2 to 3:4			
	14:19		(drum roll)	2 x 8		^	Acc			
	14:26	Ch	[THRILLER SYNTH]	2 x 8		Standing Climb	1:1	↗	V Hard	60sec
	14:34		[THRILLER SYNTH]	2 x 8		^	1:1	↗		
	14:41		[THRILLER SYNTH]	2 x 8		^				
	14:49		[THRILLER SYNTH]	2 x 8		^				
14:57	Outro	i'm gonna thrill ya tonight	4 x 8		Seated Climb	1:1				
15:12		cause this is thriller	4 x 8		Standing Attack	Acc				
	15:28	FINISH								

Notes:



4. Attack Intervals 1:1 = 88rpm

6.00min

Coach's Note:

I want riders to attack through these aggressive intervals. Make it heavy, turn it up and find your BEAT. Listen for the changes in the music to get you out of the saddle - look out for the 'switch' in the second phase of the round :)

	Music				Training					
	Time	Phrase	Reference	Counts	Reps	Position	Cadence	Load	Effort	Duration
Set-Up	15:33	Intro	[dark bassline + hi-hat]	8 x 8		Seated Recovery	SLOW			
Attack 1	15:55	V	hands up, where you at	4 x 8		Seated Easy	1:2	○		
	16:17		hands up, where you at	4 x 8		^	1:2 to 3:4			
	16:28	PC	[drum build]	4 x 8		^	3:4	↗		
	16:40	Ch	[BIG BEAT]	4 x 8	16	Standing Attack	1:1	↗		Hard
	16:51		[BIG BEAT]	4 x 8	16	Racing	1:1			
	17:02	Repr	hands up	1/2 x 8	4	^	1:1			
	17:04		where you at, lift you up	1 1/2 x 8	12	Standing Attack	1:1	↗		Hard
	17:13		back to back	2 x 8	16	Racing	1:1			
	17:23	Ch Rpt	[BIG BEAT]	1/2 x 8	4	^	1:1			65sec
	17:27		[ANGRY SYNTH]	1/2 x 8	4	Standing Attack	1:1	↗		
	17:29		[BIG BEAT]	1/2 x 8	4	Racing	1:1			
	17:32		where you at, lift you up	1/2 x 8	4	Standing Attack	1:1	↗		Hard
	17:35		[BIG MELODIC BEAT]	1/2 x 8	4	Racing	1:1			
	17:37		[ANGRY SYNTH]	1/2 x 8	4	Standing Attack	1:1	↗		
	17:40		[BIG MELODIC BEAT]	1/2 x 8	4	Racing	1:1			
17:43		[BUZZY SYNTH]	1/2 x 8	4	Standing Attack	Acc	↗			
Attack 2	17:46	br	[fades]	4 x 8		Standing Recovery	SLOW			
	17:57		[explosion]	4 x 8		Seated Easy	1:2	↘		
	18:08	V	hands up, where you at	4 x 8		^	1:2 to 3:4			
	18:19	PC	(drum build)	4 x 8		^	3:4	↗		
	18:30	Ch	[BIG BEAT]	4 x 8	16	Standing Attack	1:1	↗		Hard
	18:41		[BIG BEAT]	4 x 8	16	Racing	1:1			
	18:52	Repr	hands up, where you at	1/2 x 8	4	^	1:1			
	18:55		where you at, lift you up	1 1/2 x 8	12	Standing Attack	1:1	↗		V Hard
	19:03		back, hands up	2 x 8	16	Racing	1:1			
	19:14	Ch Rpt	[BIG BEAT]	1/2 x 8	4	^	1:1			65sec
	19:17		[ANGRY SYNTH]	1/2 x 8	4	Standing Attack	1:1	↗		
	19:20		[BIG BEAT]	1/2 x 8	4	Racing	1:1			
	19:22		where you at, lift you up	1/2 x 8	4	Standing Attack	1:1	↗		V Hard
	19:25		[BIG MELODIC BEAT]	1/2 x 8	4	Racing	1:1			
	19:28		[ANGRY SYNTH]	1/2 x 8	4	Standing Attack	1:1	↗		
19:31		[BIG MELODIC BEAT]	1/2 x 8	4	Racing	1:1				
19:33		[BUZZY SYNTH]	1/2 x 8	4	Standing Attack	Acc	↗			
Attack 3	19:37	br	[fades]	4 x 8		Standing Recovery	SLOW			
	19:47		[explosion]	4 x 8		Seated Easy	1:2	↘		
	19:58	V	hands up, where you at	4 x 8		^	1:2 to 3:4			
	20:09	PC	(drum build)	4 x 8		^	3:4	↗		
	20:20	Ch	[BIG BEAT]	1/2 x 8	4	^	1:1			V Hard
	20:23		[ANGRY SYNTH]	1/2 x 8	4	Standing Attack	1:1	↗		
	20:26		[BIG BEAT]	1/2 x 8	4	Racing	1:1			
	20:25		[ANGRY SYNTH]	1/2 x 8	4	Standing Attack	1:1	↗		
	20:31		[BIG BEAT]	1/2 x 8	4	Racing	1:1			
	20:34		[ANGRY SYNTH]	1/2 x 8	4	Standing Attack	1:1	↗		
	20:37		[BIG BEAT]	1/2 x 8	4	Racing	1:1			45sec
	20:40		[ANGRY SYNTH]	1/2 x 8	4	Standing Attack	1:1	↗		
20:42	Outro	[DEEP BEAT]	4 x 8	16	Racing	1:1				
20:53		[DEEP BEAT]	4 x 8	16	Standing Attack	Acc			V Hard	
	21:05	FINISH								

Notes:



Blessings (Cassian Mix)

Calvin Harris, Clementine Douglas, Cassian



5. Race Endurance 1:1 = 130rpm

7.26min

Coach's Note: I want riders to set off on their Race with a 1:1+ pace

	Time	Phrase	Music		Reps	Position	Training		Effort	Duration
			Reference	Counts			Cadence	Load		
Set-Up	21:11	Intro	melody	4 x 8		Seated Easy	SLOW			
	21:25			4 x 8			PP			
Race 1	21:40	V	Vocals	8 x 8		Seated Easy	1:2	○		
	22:09	PC	you build me up	4 x 8			3:4	↘		
	22:24		_you don't deserve it	4 x 8			3:4			
	22:39	Upbeat	(building drums & melody)	4 x 8			1:1	↘		
	22:53	Ch	[BIG BEAT]	4 x 8		Racing	Acc		Easy:Mod	60sec
	23:08		[BIG BEAT]	4 x 8		^	Acc			
	23:23	Repr	_running from the truth	4 x 8		^	1:1	↘		
23:38		_you don't deserve	4 x 8		^	Acc				
Race 2	23:53	br	[fades]	4 x 8		Seated Recovery	SLOW			
	24:07		(vocals & strings)	4 x 8		Seated Easy	1:2	↘		
	24:22	PC	(drums)	4 x 8		^	1:2	↘		
	24:37	Upbeat	(building drums & melody)	4 x 8		^	Acc	↘		
	24:51	br	[fades]	2 x 8		^	SLOW			
	24:59	Ch	[BIG BEAT]	4 x 8		Racing	Acc		Mod:Hard	60sec
	25:14		[BIG BEAT]	4 x 8		^	Acc			
25:28	Repr	_running from the truth	4 x 8		^	1:1	↘			
25:43		_you don't deserve	4 x 8		^	Acc				
Race 3	25:58	br	[fades]	2 x 8		Seated Recovery	SLOW			
	26:13		(vocals & strings)	4 x 8		Seated Easy	1:2	↘		
	26:27	PC	(drums)	4 x 8		^	3:4	↘		
	26:42	Upbeat	(building drums & melody)	4 x 8		^	Acc	↘		
	26:57	br	[fades]	2 x 8		^	SLOW			
	27:05	Ch	[BIG BEAT]	8 x 8		Racing	Acc		Mod:Hard	90sec
	27:34		[DEEP BEAT]	8 x 8		^	1:1	↘		
28:04	Outro	[fades to cymbles]	8 x 8		^	Acc				
28:33	FINISH									

Notes:



6. Power Intervals 1:1 = 87rpm

6.15min

Coach's Note:

***NEW MOVE - Seated Power Surge. Slide hips back in saddle (slightly) to create a 'power' base against an OVERGEAR pressure - where the pedals MUST slow down fom load.

	Music				Training					
	Time	Phrase	Reference	Counts	Reps	Position	Cadence	Load	Effort	Duration
Set-Up	28:39	Intro	(guitar)	4 x 8		Seated Recovery	1:4			
	29:01	br	[fade riff]	2 x 8		Seated Easy	1:2			
Power 1	29:13	Ch	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗	Hard	30sec
	29:24	Ch Rpt	[BIG BEAT]	2 x 8	16	^	1:1	↗		
	29:36	Ch Rpt	[GRINDY SYNTH]	2 x 8	16	Racing	1:1	↗		
	29:47	Repr	rally round the family	1/2 x 8		Seated Power	SLOW	↗	V Hard	20sec
	29:50		[RAPID BEAT]	1/2 x 8	4+	^	Acc	↗		
	29:52		[deep long synth]	1/2 x 8		^	SLOW	⇐		
	29:55		[RAPID BEAT]	1/2 x 8	4+	^	Acc	⇐		
	29:58	Repr Rpt	rally round the family	1/2 x 8		^	SLOW	⇐		
	30:01		[RAPID BEAT]	1/2 x 8	4+	^	Acc	⇐		
	30:04		[deep long synth]	1/2 x 8		^	SLOW	⇐		
30:07		with a pocket full of shells	1/2 x 8	4+	^	Acc	⇐			
Power 2	30:10	br	[fade riff]	2 x 8		Standing Recovery	SLOW		Hard	30sec
	30:21	Ch	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗		
	30:32	Rpt	[BIG BEAT]	2 x 8	16	^	1:1	↗		
	30:43	Ch Rp	[GRINDY SYNTH]	2 x 8	16	Racing	1:1	↗	V Hard	35sec
	30:55	Repr	rally round the family	1/2 x 8		Seated Power	SLOW	↗		
	30:58		[RAPID BEAT]	1/2 x 8	4+	^	Acc	↗		
	31:00		[deep long synth]	1/2 x 8		^	SLOW	⇐		
	31:03		[RAPID BEAT]	1/2 x 8	4+	^	Acc	⇐		
	31:06	Rpt	rally round the family	1/2 x 8		^	SLOW	⇐		
	31:09		[RAPID BEAT]	1/2 x 8	4+	^	Acc	⇐		
	31:11		[deep long synth]	1/2 x 8		^	SLOW	⇐		
	31:14		[RAPID BEAT]	1/2 x 8	4+	^	Acc	⇐		
	31:17	Rpt	rally round the family	1/2 x 8		^	SLOW	⇐		
31:20		[RAPID BEAT]	1/2 x 8	4+	^	Acc	⇐			
31:23		[deep long synth]	1/2 x 8		^	SLOW	⇐			
31:25		with a pocket full of shells	1/2 x 8	4+	^	Acc	⇐			
Power 3	31:29	br	(guitar)	2 x 8		Standing Recovery	SLOW	⇐	Hard	30sec
	31:40	PC	[clap]	2 x 8		Seated Easy	PP	⇐		
	31:51	Ch	[BIG BEAT]	4 x 8	16	Standing Attack	1:1	↗		
	32:03	Ch Rpt	[BIG BEAT]	4 x 8	16	^	1:1	↗	V Hard	30sec
	32:14	Ch Inst	[GRINDY SYNTH]	4 x 8	16	Racing	1:1	↗		
	32:25	Repr	rally round the family	1/2 x 8		Seated Power	SLOW	↗		
	32:28		[RAPID BEAT]	1/2 x 8	4+	^	Acc	↗		
	32:31		[deep long synth]	1/2 x 8		^	SLOW	⇐		
	32:33		[RAPID BEAT]	1/2 x 8	4+	^	Acc	⇐		
	32:36	Repr	rally round the family	1/2 x 8		^	SLOW	⇐		
	32:39		[RAPID BEAT]	1/2 x 8	4+	^	Acc	⇐		
	32:42		[deep long synth]	1/2 x 8		^	SLOW	⇐		
	32:44		[RAPID BEAT]	1/2 x 8	4+	^	Acc	⇐		
32:47	Repr	rally round the family	1/2 x 8		^	SLOW	⇐			
32:50		[RAPID BEAT]	1/2 x 8	4+	^	Acc	⇐			
32:53		[deep long synth]	1/2 x 8		^	SLOW	⇐			
32:56		with a pocket full of shells	1/2 x 8	4+	^	Acc	⇐			
Power 4	32:59	br	(guitar)	2 x 8		Standing Recovery	SLOW		VV Hard	40sec
	33:10	PC	[clap]	4 x 8		Standing Recovery	PP	⇐		
	33:21	Ch	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗		
	33:32	Ch Rpt	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗		
	33:44	Ch Rpt	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗		
33:55	Outro	rally round your family	1 x 8	8+	Seated Power	Acc	⇐			
	34:01	FINISH								

Notes:



Silence (ÆSTRAL Remix)
Delerium, Sarah McLachlan, ÆSTRAL

7. Peak 1:1 = 65rpm

6.19min

Coach's Note:

I want riders to find their FLOW as they build towards their final PEAK. Use the lows of the music to establish heavy, HEAVY working load.

	Music				Training					
	Time	Phrase	Reference	Counts	Reps	Position	Cadence	Load	Effort	Duration
Set-Up	34:12	Intro	[soft]	4 x 8		Seated Recovery	1:4			
Peak 1	34:23	V	give me relief, witness me	8 x 8		Seated Easy	1:2	○		
	34:49		heaven knows a sense	8 x 8		Seated Climb	1:2 to 3:4			
	35:17		heaven holds a sense	8 x 8		^	3:4 to 1:1			
	35:30		(gospel voice)	4 x 8		^	PP	↗		
	35:43	PC	in this whitewave	8 x 8		^	3:4			
	36:10	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗	Hard	50sec
	36:23		[BIG BEAT]	4 x 8		^	1:1			
36:37	Ch Rpt	[BIG BEAT]	4 x 8		^	1:1	↗			
36:50		[BIG BEAT]	4 x 8		^	1:1				
Peak 2	37:03	br	[fades]	2 x 8		Standing Recovery	SLOW			
	37:11	V	give me relief, witness me	8 x 8		Seated Climb	1:2	○		
	37:37		heaven holds a sense	8 x 8		^	1:2 to 3:4			
	38:04		fades	4 x 8		^	PP			
	38:18		(gospel voice)	4 x 8		^	PP	↗		
	38:31	PC	in this whitewave	8 x 8		^	3:4			
	38:58	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗	V Hard	50sec
39:11		[BIG BEAT]	4 x 8		^	1:1				
39:25	Ch Rpt	[BIG BEAT]	4 x 8		^	1:1	↗			
39:38		[BIG BEAT]	4 x 8		^	1:1				
Peak 3	39:52	br	[fades]	2 x 8		Standing Recovery	SLOW			
	39:59	V	I can't help	8 x 8		Seated Climb	SLOW	↓		
	40:25	PC	in this whitewave	8 x 8		^	PP			
	40:53	Inst	(rising synth)	8 x 8		^	1:2 to 3:4	↗		
	41:19	Ch	(BIG SYNTH)	1 x 8		^	1:1		All Out	50sec
	41:20		[BIG BEAT]	3 x 8		Standing Climb	1:1	↗		
	41:33		[BIG BEAT]	4 x 8		^	1:1			
41:46	Ch Rpt	[BIG BEAT]	4 x 8		^	1:1	↗			
42:00		[BIG BEAT]	4 x 8		^	1:1				
42:13	Outro	[fades]	8 x 8		Standing Attack	Acc				
	42:40	FINISH								

Notes:



8. Ride Home & Stretch 1:1 = 102rpm

Coaches Notes: I want riders to come down from their high, feel invigorated and ready for whats next after a HIGE ride. Celebrate, Connect and Enjoy.

	Music				Training					
	Time	Phrase	Reference	Counts	Reps	Position	Cadence	Load	Effort	Duration
Cool Down	42:47	Intro	(piano)	4 x 8		Seated Recovery	1:4	○		
	43:06		(melodic beat)	4 x 8		Seated Easy	1:2			
	43:25	V	_dancing under starlight	4 x 8		^	3:4			
	42:43		it's a fine line between	4 x 8		^	1:2			
	44:02	PC	so ive lost time	4 x 8		^	1:2			
	44:21	Ch	[BIG BEAT]	4 x 8		Racing	1:1		Easy	N/A
Stretch 1	44:39	V	we were only kids	4 x 8		Upright Opener	SLOW			
	44:58		_it's a fine line between	2 x 8		Standing Calf L	STOP			
	45:07		_no matter which	2 x 8		Standing Calf R				
	45:16	PC	so ive lost time	4 x 8		TRANSITION TO FLOOR				
Stretch 2	45:35	Ch	[BIG BEAT]	4 x 8		Standing Quad L				
	45:54		INST	2 x 8		Standing Quad R				
	46:03		INST	2 x 8		Standing Hamstring Stretch				
	46:12	outro	(soft piano)	4 x 8		Salute the Sun Extension				
	48:31	FINISH								

Notes:

