

INSTRUCTOR TOOLKIT



SPRING '25

INDOOR CYCLING. LIKE NO OTHER

RIDE

RELEASE 36

'OUT OF BODY'

A STATE OF RIDE

RIDE

RELEASE 36

No.	Description	Duration	Title	Artist
1	Warm-Up	4.00min	Whisper	Able Heart
2	Mixed Pace	5.33min	Beautiful People - Extended	David Guetta, Sia
3	Climbing	6.12min	Sweet Dreams (Are Made Of This) - Steve Angello Remix	Eurythmics, Annie Lennox, Dave Stewart, Steve Angello
4	Attacks	5.27min	Out Of Body	Netsky, Andromedik
5	Race Endurance	7.11min	set me free - CamelPhat Remix	Aaron Hibell, Alex Wann, CamelPhat
6	Power	6.04min	Berlin Sex Club	Flowidus
7	Peak	7.53min	ResuRection - MauriceWest Remix	Planet Perfecto Knights, Maurice West
8	Ride Home & Stretch	3.10min	Somebody	Dagny



SLOW

Build

PP

1:4

1:2

3:4

1:1

Acc

Base Working Pressure

Add load / harder

Decrease load / easier

Allow the legs to slow naturally

Buld your rpm naturally

Personal Pace

Quarter speed rpm against music

Half speed rpm against music

Three Quarter rpm against music

1 Revolution per count

Accelerating in front of the beat

<55%

Active Recovery

56-75%

Endurance

76-90%

Tempo

91-105%

Threshold

105+

Vo2Max, A.C & NMP

1. Warm-Up 1:1 = 100rpm

Coach's Note:

I want riders to use the darker, deeper vibes in this warm-up to establish their working resistance, riding technique & positions. Less is more here.

Phase	Music				Training			
	Time	Section	Reference	Count	Position	Cadence Load	Effort	Duration
Set-Up	0.00	Intro	(soft melody)	2 x 8	Seated Recovery	1:4		
W-Up 1	0.10	V	do you feel better?	4 x 8	Seated Easy	3:4	○	Easy 40sec
	0.29		and I can tell you like that	4 x 8		3:4		
	0.48	PC	I just wanna show you	4 x 8		SLOW		
	1.08	Ch	[BIG BEAT]	4 x 8	Easy Racing	1:1	↗	Easy 60sec
	1.27	V	assume the position	4 x 8	Push Drill	1:1		
1.46		now you is playing	4 x 8	Pull Drill	1:1			
W-Up 2	2.05	br	I just wanna show you	4 x 8	Seated Easy	SLOW		Easy 60sec
	2.24	Ch	[BIG BEAT]	4 x 8	Easy Racing	1:1	↗	
	2.44	V	assume the position	4 x 8	L Drill	1:1		
	3.03		now you is playing	4 x 8	R Drill	1:1		
W-Up 3	3.22	PC	I just wanna show you	4 x 8	Seated Easy	SLOW		Mod 20sec
	3.41	Ch	[BIG BEAT]	4 x 8	Racing	1:1	↗	

4.00 FINISH

Notes:



Beautiful People - Extended

David Guetta, Sia

RIDE
RELEASE 36

5.33min

2. Mixed Pace 1:1 = 124rpm

Coach's Note:

I want riders to find their working efforts at Pace with this highly energetic track - build with the sound and unleash the legs where it counts.

Phase	Music				Training				
	Time	Section	Reference	Count	Position	Cad	Load	Effort	Duration
Set-Up	4.05	Intro	(percussion)	4 x 8	Seated Recovery	1:4	○		
	4.20		(basic drum)	4 x 8	Seated Easy	PP			
	4.35	br	(soft melody)	4 x 8		SLOW			
Mixed 1	4.50	V	hands outstretched	4 x 8	Easy Racing	3:4	↗	Easy	30sec
	5.05		this is the highlight	4 x 8		PP			
	5.21	PC	no we wont say no	4 x 8	Seated Climb	SLOW	↗	Mod	45sec
	5.35		no we wont say no	4 x 8	Standing Climb	1:2	↗		
	5.50	Ch	[BIG BEAT]	4 x 8	Racing	1:1	○		
	6.05	V	hands outstretched	4 x 8		1:1	↗		
6.20		this is the highlight	4 x 8		Acc				
Mixed 2	6.36	br	no we wont say no	4 x 8	Seated Climb	SLOW	↗	Mod	45sec
	6.51	PC	no we wont say no	4 x 8	Standing Climb	1:2	↗		
	7.06	Ch	[BIG BEAT]	4 x 8	Racing	1:1	○		
	7.21	V	hands outstretched	4 x 8		1:1	↗		
	7.36		so come, come, come	4 x 8		Acc			
Climb 1	7.52	br	no we wont say no	4 x 8	Seated Recovery	SLOW	↗	Hard	75sec
	8.06	PC	no we wont say no	4 x 8	Seated Climb	1:2			
	8.21	Ch	[BIG BEAT]	12. x 8	Standing Climb	1:2			
	9.07		(percussion)	4 x 8	Seated Climb	1:2			
	9.22	Outro	(basic drum)	4 x 8	Standing Climb	Acc			

9.38 FINISH

Notes:



Sweet Dreams (Are Made Of This) - Steve Angello Remix

Eurythmics, Annie Lennox, Dave Stewart, Steve Angello

RIDE
RELEASE 36

6.12min

3. Climbing 1:1 = 70rpm

Coach's Note:

I want riders to find their first highpoints with this classic sound - 4x 30sec has us practicing before the BIG performance of the final stage. Turn it up, get it on!

Phase	Music				Training				
	Time	Section	Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	9.46	Intro	(drum beat)	6 x 8	Seated Recovery	1:4			
	10.08		(melodic synth)	5 x 8	Seated Climb	3:4	○		
	10.28	br	(haunting vocals)	3 x 8		SLOW			
Climb 1	10.39	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗	Mod	30sec
	10.54	Ch	[BIG BEAT]	4 x 8		1:1	↗		
	11.09	br	(haunting vocals)	4 x 8	Standing Recovery	SLOW			
Climb 2	11.25	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗	Hard	30sec
	11.40		[BIG BEAT]	4 x 8		1:1	↗		
	11.55	br	(ooooh)	4 x 8	Standing Recovery	SLOW			
Climb 3	12.10	Ch	[BIG BEAT]	4 x 8	Seated Climb	1:1	↗	Hard	30sec
	12.26		[BIG BEAT]	4 x 8		1:1	↗		
	12.41	br	hold your head up	4 x 8	Standing Recovery	SLOW			
Climb 4	12.56	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗	V Hard	30sec
	13.11		[BIG BEAT]	4 x 8		1:1	↗		
	13.26	br	sweet dreams are made	4 x 8	Standing Recovery	SLOW			
Climb 5	13.42	PC	(drum beat)	4 x 8	Seated Climb	PP		V Hard	60sec
	13.57	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗		
	14.12		[BIG BEAT]	4 x 8		1:1	↗		
	14.28	Inst	(melodic beat)	8 x 8		1:1	↗		
	14.58		(buzzy synth)	8 x 8	Seated Climb	1:1			
	15.28	Outro	(drum beat)	8 x 8	Standing Climb	Acc			

15.58 FINISH

Notes:



Out Of Body
Netsky, Andromedik

4. Attack Intervals 1:1 = 87rpm

Coach's Note:

I want riders to attack their way to their high point. 3x 60sec rounds has us set for time, use the load in 3 steps each set to find the 'high'!

Phase	Music				Training					
	Time	Section	Reference	Counts	Reps	Position	Cad	Load	Effort	Duration
Set-Up	16.05	Intro	(echo)	4 x 8		Seated Recovery	1:4			
	16.25	V	out of body feelings	4 x 8		Seated Easy	1:2			
	16.49	PC	with you and I	4 x 8			3:4			
	17.11	br	(echo)	1/2 x 8		USE THE MUSIC	1:1	↗		
Attack 1	17.14	Ch	[BIG BEAT]	1 1/2 x 8	12	Standing Attack	1:1		Mod	60sec
	17.22		[BIG BEAT]	2 x 8	16	Racing	1:1			
	17.33	Repr	if you take a leap of faith	2 x 8	16	Racing	1:1	↗		
	17.44		with you and I	2 x 8	16		1:1			
	17.55	br	(echo)	1/2 x 8		USE THE MUSIC	1:1	↗		
	17.58	Ch	[BIG BEAT]	1 1/2 x 8	12	Standing Attack	1:1			
	18.06		[BIG BEAT]	2 x 8	16	Racing	Acc			
	18.17	br	(soft)	2 x 8		Seated Recovery	SLOW	↘		
	18.28	PC	with you and I	2 x 8		Seated Easy	3:4	○		
	18.39		(rising drums)	2 x 8			3:4	↗		
	18.50	br	(echo)	1/2 x 8		USE THE MUSIC	1:1	↗		
Attack 2	18.53	Ch	[BIG BEAT]	1 1/2 x 8	12	Standing Attack	1:1		Hard	60sec
	19.01		[BIG BEAT]	2 x 8	16	Racing	1:1			
	19.12	Repr	if you take a leap of faith	2 x 8	16	Racing	1:1	↗		
	19.23		with you and I	2 x 8	16		1:1			
	19.34		(echo)	1/2 x 8		USE THE MUSIC	1:1	↗		
	19.37	Ch	[BIG BEAT]	1 1/2 x 8	12	Standing Attack	1:1			
	19.46		[BIG BEAT]	2 x 8	16	Racing	1:1			
	19.56	br	(soft)	2 x 8		Seated Recovery	SLOW	↘		
	20.07	PC	with you and I	2 x 8		Seated Easy	3:4	○		
	20.18		(drum builds)	2 x 8			3:4			
	20.28		(echo)	1/2 x 8		USE THE MUSIC	1:1	↗		
Attack 3	20.32	Ch	[BIG BEAT]	1 1/2 x 8	12	Standing Attack	1:1		V Hard	45sec
	20.41		[BIG BEAT]	2 x 8	16	Racing	1:1			
	20.52	Outro	with you and I	2 x 8	16	Racing	1:1	↗		
	21.03		(rising drums)	2 x 8	16	Standing Attack	Acc			

21.14 FINISH

Notes:



set me free - CamelPhat Remix

Aaron Hibell, Alex Wann, CamelPhat

RIDE
RELEASE 36

7.11min

5. Race Endurance 1:1 = 132rpm

Coach's Note:

I want riders to reset here, re-establish that rolling pressure from Track 2. We've got the flow, find some great technique at speed here and your endurance work will happen just like magic.

Phase	Music				Training				
	Time	Section	Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	21.24	Intro	(hi-hat + claps)	8 x 8	Seated Recovery	1:4			
	21.56		[BIG BEAT]	8 x 8	Easy Racing	3:4	○	Easy	30sec
Race 1	22.27	V	I was lost	8 x 8	Seated Recovery	SLOW			
	22.58	PC	to set me free	8 x 8	Seated Easy	Build			
	23.29	Ch	[BIG BEAT]	8 x 8	Racing	1:1	↗	Mod	60sec
	24.00	Repr	on my knees	4 x 8		1:1			
	24.15		cause i've been running	4 x 8	Acc	↗			
Race 2	24.31	br	(fades)	4 x 8	Seated Recovery	SLOW			
	24.46	PC	(hi-hat + claps)	8 x 8	Seated Easy	Build			
	25.17	Ch	[BIG BEAT]	8 x 8	Racing	1:1	↗	Mod	60sec
	25.48	Repr	on my knees	4 x 8		1:1			
	26.03		cause i've been running	4 x 8	Acc	↗			
Race 3	26.19	br	(fades)	4 x 8	Seated Recovery	SLOW			
	26.35	PC	(building drums)	9 x 8	Seated Easy	Build			
	27.09	Ch	[BIG BEAT]	12 x 8	Racing	1:1	↗	Hard	75sec
	27.56	Outro	(soft melody)	4 x 8		1:1	↗		
	28.11		(hi-hat + claps)	4 x 8	Time Trial	Acc			
28.27 FINISH									

Notes:





6. Power Intervals 1:1 = 87rpm

Coach's Note:

Dark, Deep & a little bit Nasty - we're aiming to treat this as a power test. Stack the load each round, those short breaks only allow cadence to influence your recovery.

Phase	Music				Training					
	Time	Section	Reference	Count	Reps	Position	Cad	Load	Effort	Duration
Set-Up	28.35	Intro	(synth)	4 x 8		Seated Recovery	1:4			
	28.56	V	come here and touch	4 x 8		Seated Easy	PP	○		
	29.08	PC	(building drum roll)	4 x 8			3:4			
Power 1	29.19	Ch	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗	Mod	75sec
	29.30		[BIG BEAT]	2 x 8	16	Racing	1:1			
	29.41	Repr	come here and touch	2 x 8	32	Racing	1:1			
	30.03	Ch	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗		
	30.14		[BIG BEAT]	2 x 8	16	Racing	1:1			
Power 2	30.25	br	(fades)	2 x 8		Seated Recovery	SLOW		Hard	75sec
	30.36	PC	(building drum roll)	2 x 8		Standing Recovery	Build			
	30.47	Ch	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗		
	30.58		[BIG BEAT]	2 x 8	16	Racing	1:1			
	31.09	Repr	come here and touch	4 x 8		Racing	1:1	↗		
Power 3	31.31	Ch	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗	Hard	75sec
	31.42		[BIG BEAT]	2 x 8	16	Racing	Acc			
	31.53	br	(fades)	2 x 8		Seated Recovery	SLOW			
	32.04	PC	(building drum roll)	2 x 8		Standing Recovery	Build			
	32.15	Ch	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗		
Power 4	32.26		[BIG BEAT]	2 x 8	16	Racing	1:1		V Hard	45sec
	32.37	Repr	come here and touch	4 x 8	32	Racing	1:1	↗		
	32.59	Ch	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗		
	33.10		[BIG BEAT]	2 x 8	16	Racing	Acc			
	33.22	br	(fades)	2 x 8		Seated Recovery	SLOW			
Power 4	33.32	PC	(building drum roll)	2 x 8		Standing Recovery	Build		V Hard	45sec
	33.44	Ch	[BIG BEAT]	2 x 8	16	Standing Attack	1:1	↗		
	33.54		[BIG BEAT]	2 x 8	16	Racing	1:1			
	34.06	Outro	come here and touch	4 x 8	16		1:1	↗		
	34.17		come here and touch	4 x 8	16	Standing Attack	1:1			

34.28 FINISH

Notes:



ResuRection - MauriceWest Remix

Planet Perfecto Knights, Maurice West

RIDE
RELEASE 36

7.53min

7. Peak 1:1 = 63rpm

Coach's Note:

Explore the depth & breadth of your connection - to the music, to the workout, to your people. 2 distinct work pgses each round allow for a contrast in approach. Be ALL the voices of experience. This IS what we came for.

Phase	Music				Training				
	Time	Section	Reference	Count	Position	Cad	Load	Effort	Duration
Set-Up	34.36	Intro	(soft melodic beat)	4 x 8	Seated Recovery	1:4			
	34.50		(kick drum + clap)	4 x 8	Seated Climb	3:4	○		
	35.05		(soft rising drum roll)	4 x 8		SLOW			
	35.21	PC	(building drum)	4 x 8		1:1			
	35.35	Inst	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗	Hard	45sec
	35.50		[BIG SYNTH]	4 x 8		1:1	↗		
	36.05		[BIG MELODIC SYNTH]	4 x 8		1:1	↗		
	36.19	br	(fades)	4 x 8	Standing Recovery	SLOW			
Peak 1	36.34	V	(soft melody)	12 x 8	Seated Climb	PP	V Hard	110sec	
	37.18	V2	(melodic synth)	6 x 8	Seated Climb	1:1			
	37.41	PC	(building synth)	4 x 8		PP			
	37.55		(drum roll)	4 x 8		Acc			
	38.10	Ch	[BIG BEAT]	6 x 8	Standing Climb	1:1		↗	45sec
	38.32		[BIG BEAT]	6 x 8		1:1		↗	
	38.55	br	(fades)	4 x 8	Standing Recovery	SLOW			
Peak 2	39.09	V	(soft melody)	12 x 8	Seated Climb	PP	V Hard	110sec	
	39.53	V2	(dramatic build)	6 x 8	Seated Climb	1:1			
	40.16	PC	(building synth)	4 x 8		PP			
	40.30		(drum roll)	4 x 8		Acc			
	40.45	Ch	[BIG BEAT]	6 x 8	Standing Climb	1:1		↗	45sec
	41.07		[BIG BEAT]	6 x 8		1:1		↗	
Peak 3	41.29	br	(fades)	6 x 8	Standing Recovery	SLOW			
	41.52	Outro	(drums + clap)	4 x 8	Seated Climb	1:1	ALL OUT	30sec	
	42.06		(soft melodic beat)	4 x 8	Standing Attack	Acc			↗
	42.21	FINISH							

Notes:



Somebody

Dagny



3.10min

8. Ride Home & Stretch 1:1 = 121rpm

Coaches Notes:

I want riders to bring it home into recovery, some easy sounds allow us to connect to our teammates before wrapping it up. Connect, Commend & Celebrate a RIDE well done.

Phase	Time	Section	Music		Position	Training			Duration
			Reference	Count		Cad	Load	Effort	
Ride Home	42.30	Intro	(drums)	4 x 8	Seated Recovery	1:4			
	42.45	V	when you called up	8 x 8	Seated Easy	PP	○	Easy	
	43.18	PC	somebody, I never thought	4 x 8		SLOW			
	43.34	Ch	[BIG BEAT]	4 x 8	Easy Racing	PP			
Stretch	43.51	V	something 'bout you	4 x 8	Seated Easy	SLOW			
	44.07		everything would change	4 x 8		SLOW			
	44.23	PC	somebody, I never thought	4 x 8	Seated Recovery	STOP			
	44.39	Ch	[BIG BEAT]	4 x 8	Floor Quad Stretch L				
	44.55		[BIG BEAT]	4 x 8	Floor Quad Stretch L				
	45.12	Outro		4 x 8					
	45.28			2 x 8					

45.36 FINISH

Notes:

