

# INSTRUCTOR TOOLKIT



AUTUMN '26

INDOOR CYCLING. LIKE NO OTHER

# RIDE

## RELEASE 38


'MIRACLE'

A STATE OF RIDE

# RIDE

## RELEASE 38

Track No.	Training	Title & Artist		Duration
1	Warm-Up	Sky	KC Lights	6.21min
2	Mixed Speed	Run Into Trouble	Alok, Bastille, Jonas Blue	5.41min
3	Climbing	Breathe	InntRaw	6.51min
4	Attack Intervals	Freestyler	LIUFO	6.00min
5	Race Endurance	A New Day (feat Celine Dion)	Sebastian Ingrosso, Celine Dion	6.35min
6	Power Intervals	Hold That Sucker Down	Circadian	6.15min
7	Peak	Carte Blanche	DJs From Mars, Switch Disco, Veracocha, Ferry Corsten	6.19min
8	Ride Home & Stretch	Missing Piece	Vance Joy	3.35min

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

1. Warm Up 1:1 = 121rpm

6.21min

**Coach's Note:** I want riders to use the SMOOTH feel of these sounds to explore their PERSONAL PACE on this brand new Warm-Up journey. With the 1:1 being a little faster you can allow permission to sit amongst the beat rather than ON it. Once youve got yourself warm we're gonna hit the HILLS with

Training Phase	Time	Block	Music		Reps	Position	Coaching		
			Reference	Counts			Cadence	Load	Effort
Set-Up	0.00	Intro	[shaker + beat]	4 x 8		Seated Recovery	1:4		
	0.16		[cowbell]	4 x 8		Seated Easy	1:2	○	
	0.32	Inst	[dramatic beat]	4 x 8		Seated Easy	3:4		
	0.48		[building]	4 x 8		Seated Easy	3:4		
	1.03		[shaker]	4 x 8		Seated Easy	3:4		
W-Up 1	1.19	Inst	[soft meldic beat]	4 x 8		Seated Easy	3:4 to 1:1		
	1.35	V	follow me once again	4 x 8		Seated Easy	3:4 to 1:1		
	1.51	V	I had been longing to let go	4 x 8		Seated Easy	SLOW		
	2.07	Ch	[BIG BEAT]	4 x 8		Racing	1:1	↗	Easy 30sec
W-Up 2	2.23	V	follow me through the air	4 x 8		Racing	1:1		
	2.40	PC	I had been longing to let go	4 x 8		Seated Easy	SLOW		
	2.55	Ch	[BIG BEAT]	4 x 8		Racing	3:4 to 1:1	↗	Easy 30sec
W-Up 3	3.10	V	follow me through the air	4 x 8		Racing	3:4 to 1:1		
	3.26	PC	I had been longing to let go	4 x 8		Seated Easy	SLOW		
	3.42	Ch	[BIG BEAT]	4 x 8		Racing	3:4 to 1:1	↗	Mod 45sec
	3.58	Upbeat	(oh na na, oh na na)	4 x 8		Racing	1:1	↗	
Climb 1	4.14	Inst	[soft beat + vox]	4 x 8		Racing	1:1		
	4.30	br	[fades]	4 x 8		Seated Recovery	SLOW		
	4.46	PC	I had been longing to let go	4 x 8		PREPARE TO CLIMB	1:2	↗	
	5.02	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:2	↗	Mod 75sec
	5.18		[BIG BEAT]	4 x 8		Standing Climb	1:2	↗	
	5.33	Inst	[DEEP BEAT]	4 x 8		Seated Climb	1:2	↗	
5.49		[DEEP BEAT]	4 x 8		Seated Climb	1:2	↗		
6.05	Outro	[shaker + beat]	4 x 8		Standing Climb	1:2 or Acc			

Notes:



# Run Into Trouble

Alok, Bastille, Jonas Blue

**RIDE**  
RELEASE 38

**2. Mixed Pace** 1:1 = 123rpm

**5.41min**

**Coach's Note:**

*I want riders to use the MOOD of our Mixed Speed sounds to find their Climb/Race/Climb combinations. Think STRONG/FAST/STRONG each set.*

Training Phase	Time	Block	Music		Reps	Position	Coaching		Effort	Duration
			Reference	Counts			Cadence	Load		
<b>Set-Up</b>	6.27	Intro	[beat]	4 x 8		Seated Recovery	1:4	○		
	6.42		[hi-hat]	4 x 8		Seated Easy	SLOW			
<b>Mixed 1</b>	6.58	V	I drove past your house	4 x 8		Seated Climb	1:2	↗	Easy	40sec
	7.14		was I not what you want	2 1/2 x 8		Standing Climb	1:2			
	7.23	Ch	I don't mean to trouble	4 x 8		Standing Climb	1:2	↗	Easy	45sec
	7.39		[BIG BEAT]	4 x 8		Racing	1:1			
	7.55		[synth + vox]	4 x 8		Racing	1:1			
8.10	Inst	[horns]	4 x 8		Racing	1:1 to Acc	↗			
<b>Mixed 2</b>	8.26	V	I'm at that restaurant you love	4 x 8		PREPARE TO CLIMB	SLOW	↗	Mod	40sec
	8.42		was I not what you want	2 1/2 x 8		Standing Climb	1:2			
	8.51	Ch	I don't mean to trouble	4 x 8		Standing Climb	1:2	↗	Mod	45sec
	9.07		[BIG BEAT]	4 x 8		Racing	1:1			
	9.22		[synth + vox]	4 x 8		Racing	1:1			
9.38		[horns]	4 x 8		Racing	1:1 to Acc	↗			
<b>Mixed 3</b>	9.54	V	I'm at that restaurant you love	4 x 8		PREPARE TO CLIMB	SLOW	↗	Mod	40sec
	10.09		was I not what you want	2 1/2 x 8		Standing Climb	1:2			
	10.19	Ch	I don't mean to trouble	4 x 8		Standing Climb	1:2	↗	Hard	90sec
	10.34		[BIG BEAT]	4 x 8		Racing	1:1			
	10.50		[synth + vox]	4 x 8		Racing	1:1			
	11.06		[horns]	4 x 8		Racing	1:1 to Acc	↗		
11.21	Outro	[melodic beat + horns]	4 x 8		TT	1:1				
11.37		[beat]	8 x 8		TT	1:1 to Acc				

**12.08 FINISH**

Notes:



3. Climbing 1:1 = 66rpm

6.51min

Coach's Note:

Introduce NEW intensity through a FOCUS on the TRANSITIONS between the Standing & Seated components. FEEL more each Gear. Fight for the right to BREATHE.

Training Phase	Time	Block	Music		Reps	Position	Coaching		Effort	Duration	
			Reference	Counts			Cadence	Load			
Intro	12.14	Intro	[hi-hat & snare]	4 x 8		Seated Recovery	1:4	○			
	12.29	Ch Inst	[melodic beat]	4 x 8		Seated Climb	3:4				
	12.43	Ch Inst	[melodic beat]	4 x 8		Seated Climb	1:1				
Climb 1	12.58	V	[melodic twang]	4 x 8		Seated Climb	1:2				
	13.13	PC	[whiny synth]	4 x 8		Seated Climb	3:4	↗	Hard	75sec	
	13.27	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗			
	13.42	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗			
	13.57	Ch Rpt	[DEEP BEAT]	4 x 8		Seated Climb	1:1	↗			
	14.11	Ch Rpt	[Plucky BIG BEAT]	4 x 8		Seated Climb	1:1	↗			
14.26	Inst	[Plucky BIG BEAT]	4 x 8		Standing Climb	1:1 or Acc	↗				
Climb 2	14.41	br	[fades]	2 x 8		Standing Recovery	SLOW	↖			
	14.48	Inst	[synth]	2 x 8		Seated Climb	1:2 to 3:4	○			
	14.55	V	[melodic twang]	4 x 8		Seated Climb	3:4				
	15.10	PC	[whiny synth]	4 x 8		Seated Climb	3:4	↗	Hard	75sec	
	15.25	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗			
	15.40	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗			
	15.54	Ch Rpt	[DEEP BEAT]	4 x 8		Seated Climb	1:1	↗			
	16.08		[Plucky BIG BEAT]	4 x 8		Seated Climb	1:1	↗			
16.23	Inst	[Plucky BIG BEAT]	4 x 8		Standing Climb	1:1 or Acc	↗				
16.38	br	[fades]	2 x 8		Standing Recovery	SLOW	↖				
16.45	Inst	[synth]	2 x 8		Seated Climb	1:2 to 3:4	○				
Climb 3	16.53	V	Melody + Clap	4 x 8		Seated Climb	1:2 to 3:4		V Hard	105sec	
	17.07	PC	[whiny synth]	4 x 8		Seated Climb	3:4	↗			
	17.22	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗			
	17.36	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗			
	17.51	Ch Rpt	[DEEP BEAT]	4 x 8		Seated Climb	1:1	↗			
	18.06		[Plucky BIG BEAT]	4 x 8		Seated Climb	1:1	↗			
	18.21	Inst	[Plucky BIG BEAT]	4 x 8		Standing Climb	1:1 or Acc	↗			
	18.36	Outro	[hi-hat + clap]	4 x 8		Seated Climb	1:1	↗			
	18.50		[hi-hat + snare]	4 x 8		Standing Attack	1:1 or Acc	↗			
19.05		FINISH									

Notes:



**Freestyler**  
LIUFO

**4. Attack Intervals** 1:1 = 88rpm

**6.00min**

**Coach's Note:**

*I want to focus on the nuance of the POSITIONS & TRANSITIONS for each Attack you complete. Keep a GREAT working tension, stay under control as you move out & back to the saddle. Think TIME UNDER TENSION from the centre out! LOLS at the Celine Dion reference ;)*

Training Phase	Music				Coaching					
	Time	Block	Reference	Counts	Reps	Position	Cadence	Load	Effort	Duration
<b>Set-Up</b>	19.10	Intro	[synth]	4 x 8		Seated Recovery	1:4			
	19.21	V	freestyler, rock the	8 x 8		Seated Easy	1:4	○		
<b>Attack 1</b>	19.43	V	I got to throw on	4 x 8		Seated Easy	1:2		Hard	65sec
	19.53	PC	as I synchronize	4 x 8		Seated Easy	3:4	↗		
	20.05	Ch	[BIG BEAT]	1 x 8	8L/R	Standing Attack	1:1	↗		
	20.10		[BIG BEAT]	1 x 8		Racing	1:1			
	20.15		[BIG BEAT]	1 x 8	8L/R	Standing Attack	1:1	↗		
	20.21		[BIG BEAT]	1 x 8		Racing	1:1			
	20.26	Ch Repr	styles	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	20.29		you	1/2 x 8		Racing	1:1			
	20.32		ambitious	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	20.35		vicious	1/2 x 8		Racing	1:1			
	20.37		acapella	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	20.40		soft	1/2 x 8		Racing	1:1			
	20.43		debbie	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	20.46		who	1/2 x 8		Racing	1:1			
20.48	Ch	[BIG BEAT]	1 x 8	8L/R	Standing Attack	1:1	↗			
20.53		[BIG BEAT]	1 x 8		Racing	1:1				
20.59		[BIG BEAT]	1 x 8	8L/R	Standing Attack	1:1	↗			
21.05		[BIG BEAT]	1 x 8		Racing	1:1				
<b>Attack 2</b>	21.10	br	[fades]	8 x 8		Seated Recovery	SLOW	↘	Hard	65sec
	21.32	Inst	Freestyler	8 x 8		Seated Easy	1:2	○		
	21.54	V	I got to throw on	4 x 8		Seated Easy	1:2			
	22.05	PC	as I synchronize	4 x 8		Seated Easy	3:4	↗		
	22.15	Ch	[BIG BEAT]	1 x 8	8L/R	Standing Attack	1:1	↗		
	22.21		[BIG BEAT]	1 x 8		Racing	1:1			
	22.26		[BIG BEAT]	1 x 8		Standing Attack	1:1	↗		
	22.32		[BIG BEAT]	1 x 8		Racing	1:1			
	22.37	Ch Repr	styles	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	22.40		you	1/2 x 8		Racing	1:1			
	22.43		ambitious	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	22.45		vicious	1/2 x 8		Racing	1:1			
	22.48		acapella	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	22.51		soft	1/2 x 8		Racing	1:1			
22.54		debbie	1/2 x 8	4L/R	Standing Attack	1:1	↗			
22.57		who	1/2 x 8		Racing	1:1				
22.59	Ch	[BIG BEAT]	1 x 8	8L/R	Standing Attack	1:1	↗			
22.05		[BIG BEAT]	1 x 8		Racing	1:1				
22.10		[BIG BEAT]	1 x 8	8L/R	Standing Attack	1:1	↗			
22.15		[BIG BEAT]	1 x 8		Racing	1:1				
<b>Attack 3</b>	23.21	br	[fades]	8 x 8		Seated Recovery	SLOW	↘	V Hard	45sec
	23.43	V	freestyler	8 x 8		Seated Easy	1:2	○		
	24.04	V	I got to throw on	4 x 8		Seated Easy	1:2			
	24.15	PC	as I synchronize	4 x 8		Seated Easy	3:4	↗		
	24.26	Ch	[BIG BEAT]	1 x 8	8L/R	Standing Attack	1:1	↗		
	24.32		[BIG BEAT]	1 x 8		Racing	1:1			
	24.37		[BIG BEAT]	1 x 8	8L/R	Standing Attack	1:1	↗		
	24.43		[BIG BEAT]	1 x 8		Racing	1:1			
	24.48	Ch Repr	styles	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	24.51		you	1/2 x 8		Racing	1:1			
	24.54		ambitious	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	24.57		vicious	1/2 x 8		Racing	1:1			
	24.59		acapella	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	25.02		soft	1/2 x 8		Racing	1:1			
25.05		debbie	1/2 x 8	4L/R	Standing Attack	1:1	↗			
25.07		who	1/2 x 8		Racing	1:1				

**25.10 FINISH**

**Notes:**



# A New Day (feat Celine Dion)

Sebastian Ingrassio, Celine Dion



6.35min

## 5. Race Endurance 1:1 = 132rpm

**Coach's Note:** Yep, it's Celine Dion. This is a CHASE EACH RACE. Load your gear correctly and GO!

Training Phase	Time	Block	Music			Coaching				
			Reference	Counts	Reps	Position	Cadence	Load	Effort	Duration
Set-Up	25.17	Intro	[beat]	4 x 8		Seated Recovery	1:4	○		
	25.32		[melodic beat]	4 x 8		Seated Easy	1:2			
	25.46		[fades]	4 x 8		Seated Easy	SLOW			
Race 1	26.01	V	hush, now I see the light	4 x 8		Seated Easy	1:2			
	26.16		hush, now I see the light	4 x 8		Seated Easy	1:2			
	26.30	PC	[melodic synth]	4 x 8		Seated Easy	3:4	↗		
	26.44		[drum roll]	4 x 8		Easy Racing	Acc			
	26.59	Ch	[BIG BEAT]	4 x 8		Racing	1:1	↗	Mod	45sec
	27.14	Ch	[BIG BEAT]	4 x 8		Racing	1:1	↗		
27.28	Ch	[BIG BEAT]	4 x 8		Racing	1:1	↗			
Race 2	27.43	br	[fades]	4 x 8		Seated Recovery	SLOW	↘		
	27.57	V	hush, now I see the light	4 x 8		Seated Easy	1:2	○		
	28.12		hush, now I see the light	4 x 8		Seated Easy	1:2			
	28.26	PC	[melodic synth]	4 x 8		Seated Easy	3:4	↗		
	28.41		drum roll	4 x 8		Easy Racing	Acc			
	28.56	Ch	[BIG BEAT]	4 x 8		Racing	1:1	↗	Mod	45sec
29.10	Ch	[BIG BEAT]	4 x 8		Racing	1:1	↗			
29.25	Ch	[BIG BEAT]	4 x 8		Racing	1:1	↗			
Race 3	29.39	br	[fades]	4 x 8		Seated Recovery	SLOW	↘		
	29.54	V	hush, now I see the light	4 x 8		Seated Easy	1:2	○		
	30.08		hush, now I see the light	4 x 8		Seated Easy	1:2			
	30.23	PC	melodic synth	4 x 8		Seated Easy	3:4	↗		
	30.37		drum roll	4 x 8		Easy Racing	Acc			
	30.52	Ch	[BIG BEAT]	4 x 8		Racing	1:1	↗	Hard	45sec
	31.06	Ch	[BIG BEAT]	4 x 8		Racing	1:1	↗		
31.21	Inst	[low melodic beat]	4 x 8		TT	1:1	↗			
31.36		[drum beat]	4 x 8		TT	Acc	↗			

31.52 FINISH

Notes:



# Hold That Sucker Down

Circadian



6.15min

## 6. Power Intervals 1:1 = 87rpm

**Coach's Note:**

Load it up **HARD**. Attack with the Heaviness before **SITTING** and **DRIVING HARD**. Look for 3 Levels each set or **TEST** your Threshold Power.

Training Phase	Time	Block	Music			Coaching				
			Reference	Counts	Reps	Position	Cadence	Load	Effort	Duration
<b>Set-Up</b>	31.57	Intro	[ghostly synth + drums]	4 x 8		Seated Recovery	1:4			
<b>Power 1</b>	32.19	V	you can lift your man	4 x 8		Seated Easy	1:2	○		
	32.29		you can take y our man back	4 x 8		Seated Easy	1:2			
	32.40	PC	[dramatic synth]	4 x 8		Seated Easy	1:4	↗		
	32.52		[drum roll]	4 x 8		Seated Easy	3:4			
	33.03		[dramatic synth]	4 x 8		Seated Easy	1:1	↗		
	33.14		[dramatic synth]	4 x 8		Seated Easy	Acc			
	33.24	Ch	[BIG BEAT]	4 x 8	16L/R	Standing Attack	1:1	↗	Hard	65sec
	33.36		[BIG BEAT]	4 x 8		Racing	1:1			
	33.47	Inst	[rising synth]	2 x 8		Racing	1:1	↗		
	33.58		[rising synth]	2 x 8		Racing	1:1	↗		
34.09	Ch Rpt	[BIG BEAT]	2 x 8	16L/R	Standing Attack	1:1	↗			
34.20		[BIG BEAT]	2 x 8		Racing	1:1				
<b>Power 2</b>	34.31	br	[fades]	4 x 8		Seated Recovery	SLOW	↘		
	34.42		[drum roll]	4 x 8		Seated Easy	1:4	○		
	34.53	PC	[dramatic synth]	4 x 8		Seated Easy	1:2	↗		
	35.05		[dramatic synth]	4 x 8		Seated Easy	Acc			
	35.15	Ch	[BIG BEAT]	4 x 8		Standing Attack	1:1	↗	Hard	65sec
	35.26		[BIG BEAT]	4 x 8		Racing	1:1			
	35.37	Inst	[rising synth]	4 x 8		Racing	1:1	↗		
	35.48		[rising synth]	4 x 8		Racing	1:1	↗		
35.59	Ch Rpt	[BIG BEAT]	2 x 8		Standing Attack	1:1	↗			
36.10		[BIG BEAT]	2 x 8		Racing	1:1				
<b>Power 3</b>	36.21	br	[fades]	4 x 8		Seated Recovery	SLOW	↘		
	36.32		[drum roll]	4 x 8		Seated Easy	1:4	○		
	36.43	PC	[dramatic synth]	4 x 8		Seated Easy	1:2			
	36.55		[dramatic synth]	4 x 8		Seated Easy	3:4			
	37.05	Ch Inst	[BIG RISING BEAT]	4 x 8		Racing	1:1	↗	V Hard	65sec
	37.16		[BIG RISING BEAT]	4 x 8		Racing	1:1	↗		
	37.27	Ch	[BIG BEAT]	4 x 8		Standing Attack	1:1	↗		
	37.38		[BIG BEAT]	4 x 8		Racing	1:1			
37.49	Ch	[BIG BEAT]	4 x 8		Standing Attack	1:1	↗			
37.50	Outro	[BIG BEAT]	4 x 8		Racing	1:1				

**38.12 FINISH**

Notes:



# Carte Blanche

DJs From Mars, Switch Disco, Veracocho, Ferry Corsten



6.19min

7. Peak 1:1 = 67rpm

**Coach's Note:** FIND THE HIGH. 4 Gears each Peak. Make it Muddy, Make it Matter.

Training Phase	Time	Block	Music		Reps	Position	Coaching			
			Reference	Counts			Cadence	Load	Effort	Duration
<b>Set-Up</b>	38.31	Intro	[soft beat]	4 x 8		Seated Recovery	BASE			
	38.45	Inst	[melodic beat]	4 x 8		Seated Easy	1:2 to 3:4	○		
<b>Peak 1</b>	39.03	V	[melody]	4 x 8		Seated Climb	3:4			
	39.17		[bigger melody]	4 x 8		Seated Climb	3:4			
	39.32	PC	[deep melodic build]	4 x 8		Seated Climb	3:4	↗		
	39.46	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗	<b>Hard</b>	<b>60sec</b>
	40.01	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗		
	40.15	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗		
40.30	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗			
40.44	br	[fades]	2 x 8		Standing Recovery	SLOW	↘			
<b>Peak 2</b>	40.51	V	[melody]	4 x 8		Seated Climb	1:2 to 3:4	○		
	41.06		[bigger melody]	4 x 8		Seated Climb	3:4			
	41.20	PC	[deep melodic build]	4 x 8		Seated Climb	3:4			
	41.35	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗	<b>V Hard</b>	<b>60sec</b>
	41.49	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗		
	42.03	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗		
42.18	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗			
42.32	br	[fades]	2 x 8		Standing Recovery	SLOW	↘			
<b>Peak 3</b>	42.40	V	[melody]	4 x 8		Seated Climb	1:2	○		
	42.54		[bigger melody]	4 x 8		Seated Climb	1:2 to 3:4			
	43.08	PC	[building drum beat]	4 x 8		Seated Climb	Acc			
	43.23	Ch	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗	<b>All Out</b>	<b>85sec</b>
	43.37	Ch Rpt	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗		
	43.52	Ch Rpt	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗		
	44.06	Ch Rpt	[BIG BEAT]	4 x 8		Standing Climb	1:1	↗		
44.21	Outro	[softer BIG BEAT]	4 x 8		Seated Climb	1:1				
44.35		[soft beat]	4 x 8		Standing Climb	1:1 or Acc	↗			
44.50	<b>FINISH</b>									

Notes:



Missing Piece

Vance Joy



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

3.35min

Coaches Notes:

Training Phase	Time	Block	Music		Reps	Coaching				
			Reference	Counts		Position	Cadence	Load	Effort	Duration
<b>Set Up</b>	44.57	Intro	[guitar]	1 x 8		Seated Recovery	1:4		Easy	
	45.03	V	i've been waiting	4 x 8		Seated Easy	1:2			
<b>Ride Home</b>	45.00	PC	you said, hold the line	4 1/2 x 8		Seated Easy	1:2			
	45.42	Ch	cause when i'm in a room	4 x 8		Easy Racing	3:4			
<b>Bike Stretch</b>	46.01	V	I remember happy	4 x 8		Seated Easy	1:2			
	46.19	PC	you said, hold the line	4 1/2 x 8		Seated Easy	1:2			
	46.41	Ch	cause when i'm in a room	4 x 8		Standing Stretch L	STOP			
	46.59	Ch	it's like when youre far away	4 x 8		Standing Stretch R				
	47.18	Ch Repr	waste a minute	2 x 8		Seated Twist L				
<b>Floor Stretch</b>	47.28	Ch Repr	and every day is like	2 x 8		Seated Twist R				
	47.37	br	cause when im in a room	2 x 8		Transition to Standing Quad L				
	47.46	Ch	when youre by my side	2 x 8		Standing Q/Ham L				
	47.56	Ch	when youre far away	2 x 8		Standing Q/Ham R				
	48.05	Ch	cause when i'm in a room	2 x 8		Standing Q/Ham R				
	48.15	Outro		2 x 8		Standing Postural Opener				
	48.24		[guitar]	2 x 8		Standing Overhead Reach				
	<b>48.32</b>	<b>FINISH</b>								

Notes:

