

INSTRUCTOR TOOLKIT



SUMMER '26

INDOOR CYCLING. LIKE NO OTHER

RIDE RELEASE 37

'MIRACLE'

A STATE OF RIDE

RIDE

RELEASE 37

Track No.	Training	Title & Artist		Duration
1	Warm-Up	Crazy	TEEMID, Joie Tan	4.33min
2	Mixed Pace	You're Free	Icona Pop, Ultra Naté	5.22min
3	Climbing	Radio	Yelowolf, Shooter Jennings	5.18min
4	Attacks	Miracle	Sub Focis, Culture Shock, Fragma	6:15min
5	Race Endurance	Nobody Like You	Sistek	7.17min
6	Power	Lose Control (feat ILIRA)	Wilkinson, Camo & Crooked, Mefjus, ILIRA	6.17min
7	Peak	Children (Extended Mix)	Robert Miles, Deborah de Luca	7.20min
8	Ride Home & Stretch	Blink Twice	Shaboozey, Myles Smith	3.16min

LEGEND

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

1. Warm-Up 1:1 = 110rpm

4.33min

Coach's Note:

*Hook into the familiarity of the song, let the groove of the music settle your riders in.
Find your Personal Pace on the 1:1 if the higher cadence is a challenge.
Use the musical contrast to connect & create something really special.*

Phase	Music				Training			
	Time	Section	Reference	Count	Position	Cadence Load	Effort	Duration
Set-Up	0.00	Intro	soft melody	8 x 8	Seated Recovery	1:4 to 1:2		
	0.34	Inst	[BIG BEAT]	4 x 8	Seated Easy	12: to 3:4	○	
W-Up 1	0.52	V	I remember when	4 x 8		3:4		Easy 105sec
	1.09		and when you're out there	4 x 8	Seated Easy	3:4		
	1.27	PC	does that make me crazy	4 x 8		3:4	↗	
	1.44	Ch Inst	[BIG BEAT]	4 x 8		1:1	↗	
	2.02	V	c'mon now, who do you	4 x 8	Seated Easy	3:4 to 1:1		
W-Up 2	2.19	PC	i think you're crazy	4 x 8		3:4 to 1:1	↗	Easy 35sec
	2.37	br	[soft melody]	4 x 8	RECOVERY	1:4 to 1:2	▬	
	2.54	V	ever since I was little	4 x 8	Seated Easy	3:4		
W-Up 3	3.12	PC	maybe i'm crazy	4 x 8		3:4 to 1:1	↗	Mod 35sec
	3.29	br	[fades]	4 x 8	RECOVERY	1:4 to 1:2	▬	
	3.47	Ch Inst	[BIG BEAT]	4 x 8	Racing	1:1	↗	
	4.04	Outro	[fades out]	4 x 8		1:1 to Acc		
	4.33	FINISH						

Notes

You're Free
Icona Pop, Ultra Naté

2. Mixed Pace 1:1 = 125rpm

5.22min

Coach's Note: Use these early Race efforts to find your working intensity. Three rounds to wake the legs, test your gears, and settle into the rhythm of work. Then, we climb - a mix of strength and control that puts you deeper into the training zone.

Phase	Music				Training				
	Time	Section	Reference	Count	Position	Cadence	Load	Effort	Duration
Set-Up	4.35	Intro	[drum beat]	8 x 8	Seated Easy	1:2 to 3:4	○	Easy	
	5.06	br	you're free	2 x 8		1:4 to 1:2			
Race 1	5.13	V	can't hear what you're	4 x 8	Seated Easy	3:4	↗	Mod	45sec
	5.29	PC	give me, give me all	4 x 8		3:4 to 1:2			
	5.44	Ch	[BIG BEAT]	4 x 8	Racing	1:1	↗		
	5.59	Ch	[DEEP BEAT]	4 x 8		1:1			
	6.14	V	don't care where we going	4 x 8		1:1 to Acc			
Race 2	6.3	PC	give me, give me all	4 x 8	RECOVERY	SLOW	⊞	Mod	45sec
	6.45	Ch	[BIG BEAT]	4 x 8	Racing	1:1	↗		
	7.01	Ch	[DEEP BEAT]	4 x 8		1:1			
	7.16	V	don't care where we going	4 x 8		1:1 to Acc			
Race 3	7.32	PC	give me, give me all	4 x 8	RECOVERY	SLOW	⊞	Hard	30sec
	7.47	Ch	[BIG BEAT]	4 x 8	Racing	1:1	↗		
	8.02	Reprise	(do what you want)	4 x 8		1:1			
Climb 1	8.17	br	cmon, you got to live	4 x 8	RECOVERY & TRANSITION	SLOW	↗ ↗ ↗	Mod	75sec
	8.33		[BIG BEAT]	4 x 8	Standing Climb	1:2			
	8.45	Ch	(do what you want)	4 x 8		1:2			
	9.03		(you're free)	4 x 8	Seated Climb	1:2			
	9.18	Outro	(you're free)	4 x 8		1:2			
	9.34		[drum beat + hi-hats]	4 x 8		1:2 to Acc			

9.50 FINISH

Notes

Radio

Yelowolf, Shooter Jennings



5.18min

3. Climbing 1:1 = 73rpm

Coach's Note:

Our first Strength phase of the ride.
Take a brief recovery early, reset your Climbing position, then lock in your base load.
Four rounds ahead - 2 shorter Climbs to establish rhythm, then 2 that challenge your Strength AND Endurance.

Phase	Music				Training				
	Time	Section	Reference	Count	Position	Cadence Load	Effort	Duration	
Set-Up	9.55	Intro	guitar + drums	4 x 8	RECOVERY	1:2 to 3:4	○		
	10.08	V	before the cocaine	4 x 8	Seated Climb	3:4 to 1:1			
	10.21	PC	she was dancing around	4 x 8	Seated Climb	3:4 to 1:1			
	10.34	Ch Inst	[guitar riff]	4 x 8	Standing Climb	1:1	↗	Mod 15sec	
Climb 1	10.49	V	when it was time	4 x 8	Seated Climb	3:4 to 1:1	↖		
	11.01	PC	dope in the bag	4 x 8	Seated Climb	3:4 to 1:1	↖		
	11.14	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗	Mod 25sec	
Climb 2	11.27	Ch	she's in the radio	4 x 8	Standing Climb	1:1	↗		
	11.41	V	before the streets	4 x 8	Seated Climb	3:4 to 1:1	↖		
	11.53	PC	he put the weight in	4 x 8	Seated Climb	3:4 to 1:1	↖		
	12.07	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗	Mod 25sec	
Climb 3	12.20	Ch	she's in the radio	4 x 8	Standing Climb	1:1	↗		
	12.33	V	before the streets	4 x 8	Seated Climb	3:4 to 1:1	↖		
	12.46	PC	he put the weight in	4 x 8	Seated Climb	3:4 to 1:1	↖		
	13.00		[BIG BEAT]	4 x 8	Standing Climb	1:1	↗	Hard 50sec	
	13.12	Ch	she's in the radio	4 x 8	Standing Climb	1:1	↗		
13.27		{guitar riff}	4 x 8	Seated Climb	1:1	↖			
13.39		[guitar riff rising]	4 x 8	Standing Climb	1:1 to Acc	↗			
Climb 3	13.52	V	fell asleep on the dash	4 x 8	Seated Climb	3:4 to 1:1	↖		
	14.06	PC	out there chasing	4 x 8	Seated Climb	3:4 to 1:1	↖		
	14.19	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗	V Hard 50sec	
	14.33		she's in the radio	4 x 8	Standing Climb	1:1	↗		
	14.45	Upbeat	{guitar riff}	4 x 8	Seated Climb	1:1	↖		
14.58	Outro	(radio, radio, radio)	4 x 8	Standing Climb	1:1 to Acc	↗			
	15.13	FINISH							

Notes

Miracle

Sub Focis, Culture Shock, Fragma



6:15min

4. Attack Intervals 1:1 = 87rpm

Coach's Note:

Four rounds full of potential.
Lean into the sound - let the music define your work.
Listen closely for the signals to go above & beyond - especially in the later rounds.

Phase	Music				Training					
	Time	Section	Reference	Count	Reps	Position	Cadence	Load	Effort	Duration
Set-Up	15.19	Intro	[hi-hat]	4 x 8		RECOVERY	1:4			
	15.40	Inst	[plucky melody]	4 x 8		Seated Easy	1:4 to 1:2	○		
Attack 1	16.02	V	if youre gonna save	4 x 8			1:2 to 3:4			
	16.13	PC	and if you believe in me	4 x 8		Seated Easy	1:2 to 3:4	↗		
	16.24	Ch	[BIG BEAT]	2 x 8	16L/R	Standing Attack	1:1	↗	Easy	45sec
	16.35		[BIG BEAT]	2 x 8		Racing	1:1			
	16.46		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	16.49		[plucky melody]	1/2 x 8		Racing	1:1			
	16.52		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	16.55	Ch Inst	[plucky melody]	1/2 x 8		Racing	1:1			
	16.58		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	17.01		[plucky melody]	1/2 x 8		Racing	1:1			
17.04	[plucky pause]		1/2 x 8	4L/R	Standing Attack	1:1	↗			
17.06	[plucky higher melody]		1/2 x 8		Racing	1:1 to Acc				
17.08	br		tell me that you'll understand	4 x 8		RECOVERY	SLOW	↙		
Attack 2	17.33	PC	you know I, I need a miracle	4 x 8		Seated Easy	1:2 to 3:4	↗	Mod	45sec
	17.53	Ch	[BIG BEAT]	2 x 8	16L/R	Standing Attack	1:1	↗		
	18.03		[BIG BEAT]	2 x 8		Racing	1:1			
	18.14		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	18.17		[plucky melody]	1/2 x 8		Racing	1:1			
	18.20		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	18.23	Ch Inst	[plucky melody]	1/2 x 8		Racing	1:1			
	18.26		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	18.28		[plucky melody]	1/2 x 8		Racing	1:1			
	18.31		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
18.34	[plucky higher melody]		1/2 x 8		Racing	1:1 to Acc				
18.37	br		that you'll understand	4 x 8		RECOVERY	SLOW	↙		
Attack 3	18.58	PC	you know I, I need a miracle	4 x 8		Seated Easy	1:2 to 3:4	↗	Hard	45sec
	19.21	Ch	[BIG BEAT]	2 x 8	16L/R	Standing Attack	1:1	↗		
	19.32		[BIG BEAT]	2 x 8		Racing	1:1			
	19.43		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	19.45		[plucky melody]	1/2 x 8		Racing	1:1			
	19.48		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	19.51	Ch Inst	[plucky melody]	1/2 x 8		Racing	1:1			
	19.54		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	19.57		[plucky melody]	1/2 x 8		Racing	1:1			
	19.59		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
20.02	[plucky higher melody]		1/2 x 8		Racing	1:1 to Acc				
20.05	br		that you'll understand	4 x 8		RECOVERY	SLOW	↙		
Attack 4	20.27	PC	you know I, I need a miracle	4 x 8		Seated Easy	1:2 to 3:4	↗	V Hard	45sec
	20.49	Ch	[BIG BEAT]	2 x 8	16L/R	Standing Attack	1:1	↗		
	21.00		[BIG BEAT]	2 x 8		Racing	1:1			
	21.11		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	21.14		[plucky melody]	1/2 x 8		Racing	1:1			
	21.17		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	21.19	Ch Inst	[plucky melody]	1/2 x 8		Racing	1:1			
	21.22		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
	21.25		[plucky melody]	1/2 x 8		Racing	1:1			
	21.28		[plucky pause]	1/2 x 8	4L/R	Standing Attack	1:1	↗		
21.31	[plucky higher melody]		1/2 x 8		Standing Attack	1:1 to Acc				
21.34	FINISH									

Notes

Nobody Like You

Sistek



5. Race Endurance 1:1 = 123rpm

7.17min

Coach's Note:

Three rounds of pure endurance.
 Each race builds in intensity, with the music layering deeper each time.
 Let the rhythm pull you forward - carry your load between rounds if you can, the win here is consistency.
 Be strong, smooth, and steady.

Phase	Music				Training			
	Time	Section	Reference	Count	Position	Cadence Load	Effort	Duration
Set-Up	21.41	Intro	[drums]	4 x 8	RECOVERY	SLOW		
	21.57		[shakers]	4 x 8	Seated Easy	1:4 to 1:2		
	22.13	Inst	[bassline]	8 x 8		1:2 to 3:4		
	22.44	V	god made you perfect	4 x 8	Easy Racing	3:4	Easy	30sec
	22.59		you got that physical	4 x 8		3:4 to 1:1		
Race 1	23.15	PC	ooooh, where did you	4 x 8	RECOVERY	1:4 to 1:2		
	23.31		[percussion builds]	4 x 8	Seated Easy	1: to 3:4		
	23.46	Ch	[BIG BEAT]	4 x 8		1:1		
	24.02		[BIG BEAT]	4 x 8		1:1		
	24.17	Repr	(oooh, oooh, oooh)	4 x 8	Racing	1:1	Mod	75sec
	24.33	V	god made you perfect	4 x 8		1:1		
	24.49		you got that physical	4 x 8		1:1 to Acc		
Race 2	25.04	br	ooooh, where did you	4 x 8	RECOVERY	1:4 to 1:2		
	25.2	PC	[percussion builds]	4 x 8	Seated Easy	1:2 to 3:4		
	25.35	Ch	[BIG BEAT]	4 x 8		1:1		
	25.51		[BIG BEAT]	4 x 8		1:1		
	26.07	Repr	(oooh, oooh, oooh)	4 x 8	Racing	1:1	Hard	75sec
	26.22	V	god made you perfect	4 x 8		1:1		
	26.38		you got that physical	4 x 8		Acc		
Race 3	26.54	br	ooooh, where did you	4 x 8	RECOVERY	1:4 to 1:2		
	27.09	PC	[percussion builds]	4 x 8	Seated Easy	1:2 to 3:4		
	27.25	Ch	[BIG BEAT]	8 x 8	Racing	1:1		
	27.56	Inst	[melodic bassline]	8 x 8	Racing or TT	1:1	V Hard	75sec
	28.27	Outro	[drums]	8 x 8	Racing or TT	1:1 to Acc		
	28.58	FINISH						

Notes

Lose Control (feat ILIRA)

Wilkinson, Camo & Crooked, Mefjus, ILIRA

RIDE
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6.17min

6. Power Intervals 1:1 = 87rpm

Coach's Note:

Three rounds that feel like a true Power test.
The load is heavy, the rhythm deep - let the music pull you into each round.
When seated, stay composed and drive through every beat with purpose.
This is about control under duress - be steady, deliberate, and full of intent.

Phase	Music				Training				
	Time	Section	Reference	Count	Reps	Position	Cadence Load	Effort	Duration
Set-Up	29.07	Intro	[orchestral percussion]	8 x 8		RECOVERY	1:4		
Power 1	29.31	V	i'm sleepless	4 x 8			1:4 to 1:2	○	
	29.52		i find my nirvana	4 x 8		Seated Easy	1:4 to 1:2		
	30.14	PC	[deep synth]	2 x 8			1:2	↗	
	30.25		[rising beat]	2 x 8			1:2 to 3:4		
	30.36		[BIG BEAT]	3 x 8	24L/R	Standing Attack	1:1	↗	Mod 45sec
	30.48		[BIG BEAT]	1 x 8	8L/R	Racing	1:1		
	30.58	Ch	I find my nirvana	4 x 8			1:1 to Acc	↗	
	31.21		[BIG BEAT]	3 x 8	24L/R	Standing Attack	1:1	↗	
31.37		[LOW SYNTH BEAT]	1 x 8	8L/R	Racing	1:1 to Acc			
31.43	br	i'm sleepless	8 x 8		RECOVERY	1:4 to 1:2	▢		
32.05	V	I find my nirvana	4 x 8			1:4 to 1:2			
32.27	PC	[deep synth]	2 x 8		Seated Easy	1:2			
Power 2	32.38		[building drums]	2 x 8			1:2 to 3:4		
	32.49		[BIG BEAT]	3 x 8	24L/R	Standing Attack	1:1	↗	Hard 45sec
	33.00		[BIG BEAT]	1 x 8	8L/R	Racing	1:1		
	33.11	Ch	I find my nirvana	4 x 8		Racing	1:1 to Acc	↗	
	33.33		[BIG BEAT]	3 x 8	24L/R	Standing Attack	1:1	↗	
	33.49		[BIG BEAT]	1 x 8	8L/R	Racing	1:1 to Acc		
Power 3	33.55	br	i'm sleepless	4 x 8		RECOVERY	1:4	▢	
	34.18	PC	I find my nirvana	4 x 8		Seated Easy	1:2 to 3:4		
	34.39	Ch	[DEEP BEAT]	4 x 8	32L/R	Standing Attack	1:1	↗	V Hard 30sec
	35.01	Outro	I find my nirvana	4 x 8		Racing	1:1 to Acc		

35.24 FINISH

Notes

Children (Extended Mix)

Robert Miles, Deborah de Luca



7.20min

7. Peak 1:1 = 68rpm

Coach's Note:

*This is your moment to step to the front - the top won't come easy.
Start steady, feel the build, then let the beast out with our first Peak Sprint.
One minute to show what's really left in the tank.
Hold your line. Find your heart. Finish LOUD.*

Phase	Music				Training				
	Time	Section	Reference	Count	Position	Cadence	Load	Effort	Duration
Set-Up	35.32	Intro	[bass drum]	8 x 8	RECOVERY	1:4 to 1:2			
	36.00		[drum beat]	8 x 8		3:4 to 1:1			
	36.28	Inst	[clap + snare]	4 x 8	Standing Climb	1:1	↗	Mod	30sec
	36.42		[cymbles]	4 x 8		1:1	↗		
Peak 1	36.57	br	[fades to piano]	4 x 8	RECOVERY	1:4 to 1:2	↕		
	37.1	V	[melodic piano]	4 x 8	Transition to Seated Climb	1:2 to 3:4			
	37.25	PC	[drum roll]	4 x 8	Seated Climb	3:4 to Acc			
	37.4		[BIG BEAT]	4 x 8	Standing Climb	1:1	↗	Hard	55sec
	37.53	Ch	[cymbles + hi-hat]	4 x 8		1:1	↗		
	38.08		[clap + snare]	4 x 8		1:1	↗		
	38.22		[rising synth]	4 x 8	Standing Attack	1:1 to Acc	↗		
Peak 2	38.36	br	[fades to piano]	4 x 8	RECOVERY	1:4 to 1:2	↕		
	38.5	V	[melodic piano]	4 x 8	Transition to Seated Climb	1:2 to 3:4			
	39.05	PC	[drum roll]	4 x 8	Seated Climb	3:4 to Acc			
	39.19		[BIG BEAT]	4 x 8		1:1 to Acc	↗	V Hard	55sec
	39.33	Ch	[cymbles + hi-hat]	4 x 8	Power Climb	1:1 to Acc	↗		
	39.47		[clap + snare]	4 x 8		1:1 to Acc	↗		
	40.02		[rising synth]	4 x 8	Standing Attack	1:1 to Acc	↗		
Peak 3	40.16	br	[fades to piano]	4 x 8	RECOVERY	1:4 to 1:2	↕		
	40.30	V	[melodic piano]	4 x 8	Transition to Seated Climb	1:2 to 3:4			
	40.44	PC	[rising melodic drums]	4 x 8	Seated Climb	3:4 to Acc			
	40.58		[BIG MELODIC BEAT]	4 x 8		1:1	↗	All Out	110sec
	41.13	Ch	[BIG MELODIC BEAT]	4 x 8	Standing Climb	1:1	↗		
	41.27		[BIG MELODIC BEAT]	4 x 8		1:1	↗		
	41.41		[BIG MELODIC BEAT]	4 x 8		1:1	↗		
	41.55	Inst	[piano note]	8 x 8	Seated Climb	1:1	↕		
42.23	Outro	[bass drum]	8 x 8	Standing Attack	Acc	↗			

42.52 FINISH

Notes

Blink Twice

Shaboozey, Myles Smith



8. Ride Home & Stretch 1:1 = 110rpm

3.16min

Coach's Note:

*Let the track do the talking, just breathe and let it all settle.
Ease the legs, open the chest, find your rhythm one last time..
This is our reset - before you step off, take a moment to feel proud of the work you've done.*

Phase	Music				Training			
	Time	Section	Reference	Count	Position	Cadence Load	Effort	Duration
Set-Up	42.58	Intro	[guitar]	1 x 8	RECOVERY	1:4		
R-Home 1	43.02	V	living on the edge	4 x 8	Seated Easy	1:4 to 1:2	Easy	
	43.19	PC	hanging on a rope	4 x 8		1:4 to 1:2		
	43.37	Ch	oh me, oh my would you	4 x 8		3:4 to 1:1		
	43.55	Inst	[guitar]	2 x 8		3:4 to 1:1		
R-Home 3	44.03	V	I tried everything	4 x 8	Seated Easy	1:2		
	44.21	Ch	oh me, oh my	4 x 8		3:4 to 1:1		
	44.38	Inst	[guitar]	2 x 8		3:4 to 1:1		
Bike Stretch	44.47	V	I tried everything	2 x 8	Twist R	STOP		
	44.56		i've hurt, i've cried	2 x 8	Twist R Further			
	45.05	Ch	oh me, oh my would you	2 x 8	Twist L			
	45.13		whoa, no time for living	2 x 8	Twist L Further			
	45.22	Rpt	(whoaaa)	2 x 8	Standing Calf L			
	45.3		(whoaaa)	2 x 8	Standing Calf R			
Floor Stretch	45.39	Quiet Ch	oh me, oh my would you	2 x 8	TRANSITION			
	45.48	Ch	no time for living a lie	2 x 8	Standing Quad L			
	45.57		(whoaaa)	2 x 8	Standing Quad R			
	46.05	Outro	time flies but don't blink twice	2 x 8	Postural Opener			

46.14 FINISH

Notes