

Schwinn® Cycling: Make Your Mark Sample Ride

Triple Link™: 3 stages, each starts with steady, challenging endurance, then each stage has it's own flavor ending in Zone 4/breathless!

Stage #/ Total Time	Song Title/Artist (Time) Most music available on iTunes*	Riding Technique	RPM	Set Description	Timing Ratio	M/B*	Notes
Warm Up	1. Fire and Regeneration /Wendy & Lisa (2:27)	Seated Flat	75-85	Steady Zone 1	n/a	A	Find Push Point Triple Link "Big Picture"
Stage 1 14:00	1. All Things /Unknown Artist* (6:51)	Seated Flat	75-85	Steady Zone 2 Into Steady Zone 3	50/50	A/D	Experience Intensity Changes
	2. Black or White /Michael Jackson (3:33)	Combo Hill	65-70	Steady Zone 2	n/a	A/D	MJ Moment
	3. This Is How a Heart Breaks (Rob Thomas) (3:51)	Combo Flat	70	Intervals Zone 2/4 (Extensive)	Verse/Chorus :15 :20 1:00	A/D	Concert back up dancers feel Zone 4!
Stage 2 12:00	1. Home /Marc Broussard (5:03)	Seated Flat	85	Steady Zone 2 Into Steady Zone 3	50/50	A/D	High School Reunion motivation
	2. Starstruck /3OH!3 (3:05)	Combo Hill	70	Intervals Zone 2/3	Verse/Chorus (Seated/ Standing)	A/D	Balboa Peninsula Boardwalk
	3. Gives You Hell /All American Rejects (3:33)	Combo Hill	65-75	Intervals Zone 1/4	Verse/Chorus (Seated/ Standing)	A/D	Lifeguard Boyfriend/FaceBook
Stage 3 8:00	1. Love Story Remix /Taylor Swift (4:07) www.fitpromusic.com *	Seated Flat	80-90	Steady Zone 2	n/a	A/D	Happy Endings!
	2. Bring Me Some Water /Melissa Etheridge (3:56)	Combo Hill	70	Steady Zone 2 Into Steady Zone 3 Into Steady Zone 4	Verse/Chorus :30 :30 :50	A/D	What if you ran out of H2O?

DOWNLOAD THIS DOCUMENT AND OTHER TEACHING RESOURCES AT:

www.JulzArney.com

<http://www.julzarney.com/choreography/index.html>

*MIND/BODY TECHNIQUES

A = Association; Connecting the mind and body by bringing awareness to the physical effects of the work performed

D = Dissociation; Moving the mind away from the effects of physical work to focus on a visual image, verbal mantra, a song's lyrics, etc.