

Schwinn® Cycling: Ride a Century! 5 Ride Sample Class Plan NOT FALLING APART

Triple Link™: 6 SETS → After short set 1 to set the intention, 4 sets of almost equal length that start easy and get hard; Sets 3 & 5 are the hardest. Intention is to NOT fall apart while pushing to work hard without going breathless.

| SET # | Total Time | Song Title/ Artist | Riding Technique | RPM | Set Description | Timing Ratio | Mind/ Body* | Notes |
|-------|------------|---|------------------|-------|---|----------------------|----------------|--|
| 1. | 5:15 | Paris – Groove Armada (5:15) | SF | 70 | Steady Zone 1 | n/a | A | Resist the urge to move out of Z1 during this song; a good warm up sets the stage for a good ride. |
| 2. | 9:00 | Bruised Water – Chicane & Natasha Bedingfield (3:00) | SF | 70-80 | Steady Zone 1 → | n/a | A/D | Set pace; will use this number throughout all work sets. |
| | | Proper Education – Eric Prydz vs. Floyd (6:09) | CF SF | 70-80 | Steady Zone 2 → Steady Zone 3 | 3:00 3:00 | A/D | Choose a thought (word or phrase) that will remind you to not fall apart. |
| 3. | 9:00 | Pocketful of Sunshine (Johnny Vicious Warehouse Mix)– Natasha Bedingfield (10:19) | SF StF | 70-80 | Steady Zone 2 → Steady Zone 3 → Steady Zone 3++ | 3:00 4:00 3:00 | A/D | Explore how many gear changes you can take to the edge of zone 3. (6?) |
| 4. | 9:00 | Disturbia (Craig C's Master Vocal Mix)– Rhiana (9:18) | SF CF SF | 80-90 | Steady Zone 1 → Steady Zone 2 → Steady Zone 3 | 3:00 3:00 3:00 | A/D | Repeat of Set 2. Set pace slightly faster than the first set. |
| 5. | 9:00 | Not Falling Apart (Tiesto Remix) - Maroon 5 (6:09) | SF | 80-90 | Steady Zone 2 → Steady Zone 3 → | Custom | A | The minute you feel like you can talk in sentences get back to Zone 3 and hang out. |
| | | Get On Your Boots – U2 (3:24) | SF StF | 80-90 | Steady Zone 3++ | n/a | A/D | In set 2, did you REALLY find the edge of Zone 3 or do you have a bit more before you go breathless? |
| 6. | 4:49 | The Light – Supreme Beings of Leisure (4:49) | SF | 70-80 | Steady Zone 2 → Steady Zone 1 | 2:00 3:00 | A | Pull back, be amazed at what you can take on and be comfortable now. |

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*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.

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