

Schwinn® Cycling: Ride a Century! 5 Ride Sample Class Plan THE WORLD IS MINE

Triple Link™: 5 SETS → Each set is longer than the last; after a short Z1-Z2 set, 2 sets have steady work leading to Zone 3 & 2 sets have intervals between Zone 2 & 3. Take control of uncomfortable feelings in heart & lungs; work hard but not allowed to go breathless!

SET #	Total Time	Song Title/ Artist	Riding Technique	RPM	Set Description	Timing Ratio	Mind/ Body*	Notes
1.	5:00	Swallow Me – Deep Dish (5:11)	SF	70	Steady Zone 1	N/A	A	Set your pace and your space ... how hard can you push up 2 hills and not go breathless?
2.	7:00	If I Never See Your Face Again (f. Rihanna) – Maroon 5 (7:03)	SF	70-80	Steady Zone 2 → Steady Zone 3	3:00 4:00	D	Pass 4 people on your way to the base of the hill; no speed changes and no technique change ... just your gears.
3.	8:00	The World Is Mine (I'm Famous Remix)– David Guetta F. JD Davis (8:15)	CH	60-70	Intervals Z 2/3	1:00 / 1:00 x 4	A	Trying to keep the speed you had on the flat, head into an incline that requires you to sit for :60 and stand for :60 to get to the top. Take on resistance each time you stand.
4.	11:00	Silence (DJ Tiesto's in Search of Sunrise Remix)– Sarah McLachlan (11:38)	SF SF/StF	80-90	Steady Zone 2 → Steady Zone 3	3:00 8:00	D	The four people you passed are back and teaming up to make this stretch of flat tough ... a change of speed to get to Z3 and gear changes throughout.
5.	13:00	15 Step Radiohead (3:57)	CH	60-80	Intervals Z 2/3	1:00 / 1:00 x 2	A	Trying to keep the speed you had on the flat, head into an incline that requires you to sit for :60 and stand for :60 to get to the top. Take on resistance each time you stand.
		Stronger (DJ Wag Mix) – Yakooza (5:04)	CH	60-80	Intervals Z 2/3	:30 / :30 x 5	A/D	Now it's time to be done ... speed up against the increase in incline. Hill gets steeper, what can do to get there but not go breathless? It's time to get STRONGER.
		Biggest Part of Me (Soul Hooligan Remix) – Ambrosia (4:01)	SF	70-80	Steady Zone 2 → Steady Zone 1	2:00 2:00	A	Slowly back down from 3 to finish off.

DOWNLOAD THIS DOCUMENT & OTHER TEACHING RESOURCES AT

www.shannonfable.com

*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.