

## Schwinn® Cycling: Ride a Century! 5 Ride Sample Class Plan PATIENCE

*Triple Link™*: 5 SETS → A PYRAMID Endurance Ride moving from Zone 2 in the first set, Zone 3 Exploration in the middle, and back down to Zone 2. Hardest efforts will be right in the middle of Set 3, but beware ... you will want to back off after and you aren't allowed!

SET #	Total Time	Song Title/ Artist	Riding Technique	RPM	Set Description	Timing Ratio	Mind/ Body*	Notes
1.	6:00	<b>Green (Nevermore Instrumental)</b> Afro Celt Sound System (5:58)	SF	70-90	Steady Zone 1	N/A	A	Slow & stead wins the race; prepare the body for the pyramid endurance ride that lies ahead by focusing on BREATH during Set 1.
2.	10:00	<b>Just Dance (Richard Vission Remix)</b> Lady Gaga (6:14)	CF	70-90	Steady Zone 2	:15 / :45 x6	A/D	Six trips in and out of the saddle; when you stand try a new gear without allowing leg speeds to slow down. Build the bottom of Zone 2.
		<b>Mercy - (Feat. The Game)</b> Duffy (3:50)	SF	70-90	Steady Zone 2	N/A	A/D	Is this really all you can do and be comfortable? Do you have one more turn available?
3.	15:00	<b>The Light</b> Supreme Beings of Leisure (4:49)	CF	70-90	Steady Zone 3	Custom	A/D	Stand to play with leg speed and sit once you gain a little bit of power; how many times will you need to do that to get uncomfortable?
		<b>You Better Pray</b> The Red Jumpsuit Apparatus (3:36)	SF	70-90	Steady Zone 3+	N/A	A/D	Zone 3 is bigger than you think. Ride side by side with the strongest person you've ever met. It's your turn to impress him/her instead. What can you do?
		<b>Easy</b> Groove Armada (5:52)	CF	70-90	Steady Zone 3	:45/:15 x6	A/D	It would be way easier to drop back down to Zone 2, but you have to stay just below intensity of the last song.
4.	10:00	<b>Lady Hear Me Tonight</b> Modjo (5:01)	SF	70-90	Steady Zone 2	N/A	A/D	Try 1:00 minute of breathing to bring intensity back to Z2; only back off in small increments to see just how strong you are.
		<b>You Should Be Dancing (Jason Bentley/Phillip Steir Remix)</b> Bee Gees (4:46)	SF	70-90	Steady Zone 2	N/A	A/D	Hang in Z2 for just a bit longer without changing anything; let the strongest person from before help you now.
5.	6:00	<b>Patience</b> Guns N' Roses (5:56)	SF	70-90	Steady Zone 1	N/A	A	Time to recover. You should feel better than when you started.

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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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