

Schwinn® Cycling: Ride A Century! 5 Ride Sample Class Plan

Triple Link™: 4 sets. Set 3 = shortest. This is where we'll check in and re-focus our efforts on "enduring."
This ride has no breathless spikes, but NO BREAKS either!

Set #	Total Time	Song Title/Artist (Time) All music available on iTunes*	Riding Technique	RPM	Set Description	Timing Ratio	M/B*	Notes
1.	11:00	1. Methods of Thought /Random Movement (6:12)	Combo Flat	80	Steady Zone 1 → Steady Zone 2	50/50	A	Easy warm up...take your time.
		2. Dancing With Myself /Billy Idol (4:50)	Seated Flat	85	Steady Zone 2 → Steady Zone 3	50/50	A/D	Set top of RPM range, explore cadence/resistance ratio to achieve desired intensity.
2.	19:00	1. Disturbia (Jody den Broeder Remix Mix) Rihanna (7:45)	Combo Hill	65/ 75	Intervals Zone 2/3	Verse/Chorus	A/D	Climb this hill with a friend. You take lead on the chorus, pull back behind them on verse.
		2. Green Light (feat. Andre 3000) /John Legend (4:49)	Seated Flat	90	Steady Zone 2	n/a	A/D	Use this piece of road to gather energy/lighten legs for next climb.
		3. Sexy (Dub) /Richard "Humpty" Vission (6:27)	Combo Hill	70/ 80	Steady Zone 2 → Steady Zone 3	Custom	A/D	When you find yourself in Zone 3, pull back just a touch!
3.	8:00	Sun Will Set /Zoe Keating (7:56)	Seated Flat	85	Steady Zone 2	n/a	A/D	You are ¾ way to done, focus on staying focused. ☺
4.	18:00	1. Hung Up (Bill Hamel Remix) /MaDonna (4:59)	Combo Hill	75	Intervals Zone 2/3	Verse/Chorus	A/D	<u>Change</u> intensity while changing riding techniques
		2. Run-Around /Blues Traveler (4:40)	Combo Flat	80	Steady Zone 2	Verse/Chorus	A/D	<u>Maintain</u> Zone 2 intensity while alternating riding techniques
		3. Heaven Let Your Light Shine Down /Dolly Parton (5:11)	Combo Hill	80	Steady Zone 2 → Steady Zone 3	As much in Zone 3 as possible	A/D	If you feel the need to go to Zone 4 at the end, you are not in Zone 3! Give a little more...
		4. Lucky (feat. Colbie Caillat) /Jason Mraz (3:10)	Seated Flat	90	Steady Zone 2 → Steady Zone 1		A/D	Still endurance work, just a whole lot easier.

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.