

Schwinn® Cycling: Ride A Century!

Triple Link™: 3 sets. First two are equal length. Last one is ½ the time. Ride the full spectrum of endurance training zones.
No breathless, but NO BREAKS!

Set #	Total Time	Song Title/Artist (Time) All music available on iTunes*	Riding Technique	RPM	Set Description	Timing Ratio	M/B*	Notes
1.	17:00	1. Crazy Benny /Safri Duo (5:32)	Combo Flat	70	Steady Zone 1 → Steady Zone 2	50/50	A	Easy warm up...take your time.
		2. Gettin' in the Mood /The Brian Setzer Orchestra (3:11)	Seated Flat	90	Steady Zone 2 → Steady Zone 3	2:00 1:00	A/D	Set top of RPM range, explore cadence/resistance ratio to achieve desired intensity.
		3. Get Ready to Bounce (Custom Mix) *Sorry! Not this one... / (7:14)	Combo Flat	65 75 80	Steady Zone 2 → Steady Zone 3	50/50	A/D	Instead of building intensity toward big bang at the end, spread out the work (i.e., more Zone 3!)
2.	18:00	1. Touch of Grey /Grateful Dead (5:49)	Seated Hill	80	Steady Zone 2	n/a	A/D	Hook on to back of perfect pace line.
		2. Swing Set /Jurassic 5 (5:19)	Seated Flat	85 100	Intervals Zone 2/3	:30/:30 :45/:45 :60/:60	A/D	You feel energized! Drop out and take next 5 mins to progressively pass pace line.
		3. Zingy /Ak'sent (2:53)	Standing Hill	70	Steady Zone 2	Custom	A/D	Saddle break.
		4. Untouched /The Veronicas (4:14)	Seated Flat	90	Intervals Zone 2/3	Verse/Chorus	A/D	<u>Change</u> intensity while changing riding techniques
3.	7:30	1. Hot N Cold /Katy Perry (3:40)	Combo Hill	70	Steady Zone 2	Verse/Chorus	A/D	<u>Maintain</u> Zone 2 intensity while alternating riding techniques
		2. Hallelujah /Vitamin String Orchestra (3:27)	Seated Flat	80	Steady Zone 2 → Steady Zone 3	As much in Zone 3 as possible	A/D	You should be ready to be DONE. Finish well.
		3. Come On Get Higher / Matt Nathanson (3:35)	Combo Hill	70-90	Steady Zone 1	n/a	A/D	Cool Down and stretch.

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.