|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Stage / Total Time** | **Music** | **RPM / Terrain/Technique** | **Intensity / Elapsed Time** | **Triple Link/**  **Dimensional Cueing** | **Mind/ Body** |
| |  | | --- | | 1 - 2 | | 3:26/ 3:44 | | **OctaHate Ryn weaver**  **I lived One republic** | Flat road 75-80 rpms |  | Discuss the gears on the bike and how pushing big gear can get you farther faster | Challenge them today to push a bigger gear than normal. Give a little bit more with each song |
| |  | | --- | | 2 | | 8:07 | | Viva La Vida | |  |  | | --- | --- | | 60-65 | Combo hill | |  |  | |  |  | | |  |  |  | | --- | --- | --- | | Find beat | 0-1:00 | easy | | stand | 1:00-1:30 | Gear up | | sit | 1:25-2:22 |  | | stand | 2:22-3:00 | Gear up | | Sit | 3:00-3:50 |  | | Stand | 3:50-4:42 | Gear up | | Sit | 4:42-5:30 |  | | Stand | 5:30-6:30 | Gear up | | Sit | 6:30-7:22 |  | | recover |  |  | |  | My dad using the term shift to a higher gear. How can we do this in life |
| |  | | --- | | 3 | | 4:53 | |  | | Brave (dj remix) | |  |  | | --- | --- | | 75 | flat | | 80 | Pick ups | |  |  | | |  |  |  | | --- | --- | --- | | Flat road | 0:00-1:05 |  | | Pick up pace | 1:05-2:00 |  | | Find pace flat road | 2:00-2:52 |  | | Pick up pace | 2:52-3:45 |  | | Find pace flat road | 3:45-4:12 |  | | Pick up pace | 4:12-4:43 |  | | They will want to push a higher cadence. The point for this one is to slow cadence down and put more gear on and push it. | It feels hard but you can challenge yourself to do it. You are stronger than you think. |
| |  | | --- | | 4 | | 3:33 | |  | | Stronger-what doesn’t kill you catch the cat | |  |  | | --- | --- | | 70-75 | Standing hill | |  |  | |  |  | | |  |  |  | | --- | --- | --- | | Jog |  |  | | Run on chorus |  |  | |  |  |  | | Stand whole song pick up pace on chorus. Increase gear throughout the song. |  |
| |  | | --- | | 5 | | 3:44 | |  | | Unwritten (Ismael Lora and Manu A) | |  |  | | --- | --- | | 80-90 | Flat road | |  |  | |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | | Try to hold this cadence in your gear.  Steady state drill. Find a gear that is big enough to hold a higher cadence the whole song. |  |
| |  | | --- | | 6 | | 6:07 | | Walls  Tiesto sultan | |  |  | | --- | --- | | 65 | Combo hill | |  |  | |  |  | | |  |  |  | | --- | --- | --- | | Seated | 0:00-1:15 |  | | Stand | 1:15-1:45 |  | | Seated | 1:45-2:30 | Up gear | | recover | 2:30-2:50 |  | | seated | 2:50-3:23 | Pick pace back up | | Stand | 3:23-4:07 |  | | Seated | 4:07-5:08 | Up gear | | Recover | 5:08-5:30 |  | | Stand | 5:30-6:07 |  | |  | If you always keep up your walls and never get to see what is on the other side. Ride this song with your walls down and see what you can do on the other side of those comfortable walls. |
| |  | | --- | | 7 | | 4:58 | | Hall of fame (140 BPM)  Workout remix Factory | |  |  | | --- | --- | | 70-75 | Flat | |  | pickups | |  |  | | |  |  |  | | --- | --- | --- | | Find beat | 0:00-0:55 |  | | Pick up pace | 0:55-1:07 | Up gear | | Find beat | 1:07-1:22 |  | | Pickup pace | 1:22-1:50 | Up gear | | Find beat | 1:50-2:03 |  | | Pick up pace | 2:03-2:30 | Gear up | | Find beat | 2:30-2:45 |  | | Pick up pace | 2:45-2:57 | Gear up | | Find beat | 2:57-3:12 |  | | Pickup pace | 3:12-3:52 | Gear up | | Find beat | 3:52-4:24 |  | |  |  |
| |  | | --- | | 8 | | 4:04 | | Firework  CPR remix radio edit | |  |  | | --- | --- | | 70-75 | Stand run | |  | With runs | |  |  | | |  |  |  | | --- | --- | --- | | Jog | 0:00-1:15 |  | | Run | 1:15-1:45 |  | |  |  |  | | Run on chorus |  |
| |  | | --- | | 7 | |  | | firework | |  |  | | --- | --- | |  | Standing run | |  |  | |  |  | | |  |  |  | | --- | --- | --- | | Jog on beat | 1:45-2:30 |  | | Run | 2:30-3:00 |  | | Jog on beat | 3:00-3:30 |  | | Run | 3:30-4:00 |  | |  |  |
| |  | | --- | | 8 | | 1:24 | | Key to success | |  |  | | --- | --- | | 65 |  | |  |  | |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | | recovery |  |
| |  | | --- | | 9 | |  | | Kung fu Panda cello Ascends  Piano Guys | |  |  | | --- | --- | |  |  | |  |  | |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | | This is the final. I set the stage of a nice flat easy ride. . Listen to the song and tell them to follow the music and finish strong. | Up ahead is your biggest competitor or your biggest fear. You have to beat it. How hard can you work to push past it and win? Follow the music. Push your gear and cadence and get it!!! |
| |  | | --- | | 10 | |  | | On top of the word imagine dragons  Living in the moment Jason Marz | |  |  | | --- | --- | |  |  | |  |  | |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | | Cool down |  |