



Schwinn® Cycling Class Design Template

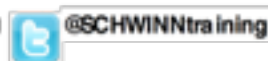
Total Time:

Big Picture/Description: 45 MIN ENDURANCE RIDE

The FRAME Music	The CORE			The FRAME Coaching/Motivation
	Stage/ Time	Intensity/ Time	RPM/Technique	
POWER IS POWER - SZA, THE WEEKEND, TRAVIS SCOTT (3:31) LEGENDARY 7KINGZ (3:54) RISE UP BLASTERJAXX (3:03)	WARM UP	EASY - 0:00 - 1:46 EASY/MOD - 1:47 - 3:31 MOD - 0:00 - :55 MOD+ - :56 - 1:30 MOD - 1:31 - 1:52 MOD+ - 1:53 - 2:18 MOD - 2:19 - 3:02 MOD+ - 3:03-3:53 MOD - 0:00 - :52 HARD - :53 - 1:18 MOD+ - 1:19 - 2:32 HARD - 2:33 - 3:03	90-100 SEATED 80-90 SEATED 70-80 SEATED/STANDING	This is a 3 Stage Endurance based ride. Each stage will increase progressively with resistance, but speed will maintain. Each stage will end in breathless pushes. This progressive warm up will increase intensity from easy all the way up to the edge of breathless (Threshold). There are a set of spin ups in the second track that will rev the engine (picking up speed no faster than 100 RPM). In the 3rd track, there are two big 30 second pushes to threshold. In the second push, settle out and have the riders observe power and feeling
STUPID LOVE - VITACLUUB WAREHOUSE MIX LADY GAGA (3:40) BLUE MONDAY - DJ MIKRO EDIT (3:15) SAVE MY LIFE - DAVID GUETTA (3:03)	STAGE 1	MOD - MOD+ - 0:00 - 3:40 MOD+ - HARD - 0:00 - 3:15 HARD - 0:00 - :37 BREATHLESS - :38 - 1:08 HARD - 1:09 - 2:28 BREATHLESS - 2:29 - 3:03	60-70 RPM SEATED/STANDING 60-70 RPM - SEATED/STANDING 60-70 RPM - SEATED/STANDING	Stage 1 - 9 minutes. Take the first minute of this challenge to establish a moderate intensity. From there, every minute on the minute for the first 6 minutes adding resistance. Starting with a moderate intensity and building to a hard intensity. Then holding on to that hard intensity and pushing into breathless work 2x and right back to hard work. (STRENGTH) -OBSERVE AVG POWER [INSERT OWN MOTIVATION]
VIOLIN BEAT 1 - JORGE QUINTERO (2:26)	RECOVERY	EASY - 2:24	80-100 - RIDERS CHOICE	EASY RECOVER TO PREPARE TO RINSE AND REPEAT [INSERT OWN MOTIVATION]
EDGE OF MIDNIGHT - MILEY CYRUS, STEVIE NICKS (3:40) DO THE DAMN THING - BLACK CAVIAR (2:57) HUNT YOU DOWN - VO WILLIAMS (3:08)	STAGE 2	MOD - MOD+ - 0:00 - 3:40 MOD+ - HARD - 0:00 - 2:57 HARD - 0:00 - :39 BREATHLESS - :40 - :59 HARD - 1:00 - 1:27 BREATHLESS - 1:28 - 1:46 HARD - 1:47 - 2:14 BREATHLESS - 2:15 - 3:08	90-100 RPM SEATED 90-100 RPM - SEATED 90-100 RPM - SEATED	Stage 2 - 9 minutes. Every minute on the minute for the first 6 minutes adding resistance. Starting with a moderate intensity and building to a hard intensity. Then holding on to that hard intensity and pushing into breathless work 3x and right back to hard work. (FOCUS, SPEED) - GOAL: MATCH AVG POWER FROM FIRST STAGE
ICY TYPE BEAT - JORGE QUINTERO (2:06)	RECOVERY	EASY - 2:06	80-100 - RIDERS CHOICE	EASY RECOVER TO PREPARE TO RINSE AND REPEAT [INSERT OWN MOTIVATION]
LET'S LOVE - DAVID GUETTA (FT. SIA) (3:40) INSOMNIA (2020) - DEF ROCK (2:40) BAILA - DANNIC (2:39) FREEDOM - KYGO (3:18)	STAGE 3 & COOL DOWN	MOD - MOD+ - 0:00 - 3:40 MOD+ - HARD - 0:00 - 2:40 HARD - 0:00 - :29 BREATHLESS - :30 - 1:00 HARD - 1:01 - 2:06 BREATHLESS - 2:07 - 2:39 EASY - 0:00 - 3:18	60-70 RPM SEATED/STANDING 60-70 RPM - SEATED/STANDING 60-70 RPM - SEATED/STANDING 80-100 - EASY	Stage 3 - 9 minutes. Every minute on the minute for the first 6 minutes adding resistance. Starting with a moderate intensity and building to a hard intensity. Then holding on to that hard intensity and pushing into breathless work 2x and right back to hard work. (STRENGTH) CHALLENGE: MEET OR BEAT AVG POWER.

Email

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Big Picture/Description:

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