

Schwinn® Cycling To Breathless & Back Again Class Design



Total Time: 50 min

Big Picture/Description: Get ready to go breathless and back again, with tested and true HIIT protocols. Time to empty the tank!!

The FRAME Music	The CORE				The FRAME Coaching/Motivation	
	Stage/ Time	Intensity/ Time		RPM/Technique		
Me! (Original! Mix) Deorro (6:54) I Love it Jon D (2:48)	Warm Up 9:00	Easy	0:00 - 2:00	80 - 100	Seated Flat	Observation: Take a look at your easy, moderate, hard & anaerobic power Association: Connect to your intensity and breath – Cue form from hips to hands
		Moderate	2:00 – 4:29	60 – 80	Combo Climb	
Hard	4:30 – 6:00	60 – 80	Combo Climb			
Hard/Anaerobic	6:01-6:54	60 - 100	Combo Climb			
Easy	0:00 - 2:00	60-100	Seated Flat			
Easy	0:00 - 2:00	60-100	Seated Flat			
Run the World (Girls) Beyonce – Jochen Simms Club Remix (6:17) Lift Me Up David Guetta – Continuous Listen Mix (2:52)	Stage 1 8:00	Moderate/Hard Anaerobic	30 sec:20 sec:10 sec X 5 = 5:00 min	60-80	Combo Climb	COPENHAGEN Observation: On the 1 st round observe power and hard Goal: Hit same power on each interval on rounds 2-5. Association: Tune into how each effort feels. Focus on pushing to maximum on each effort
		Easy/Moderate	0:00 – 2:00	60-100	Rider's Choice	
Misery – Maroon Five Bimbo Jones Dub Mix (7:24) Kill a Word Eric Church (3:19)	Stage 2 8:00	Hard/Recover	60 sec X 3 approx./Go when ready	70-100	Rider's Choice	TREMBLAY Individual Intervals: Push hard for 60 seconds. Sit up to recover and don't come back to the handlebars until you are completely recovered 2-person TT – C: 1 st person rides .5 miles. O: Power – during recovery only allow power to drop by 20-30. Take turns. 3-person TT – C: 1 st Take turns riding 60 seconds hard. During recovery only allow power to drop by 20-30. Association: Tune into each effort and recovery. Allow yourself complete recovery so you are ready to push HARD into each work effort. Dissociation: You are in a race in a team of two. The pair that does the most rotations wins. Dissociation: You are in a race in a team of three. Each person takes turns “pulling” and drafting. Work as a team. The team with the most miles ridden wins.
		Easy	2:00	60-100	Seated Flat	
		Hard/Moderate	Approx. 60 sec X 3/Approx. 60 sec	70-100	Rider's Choice	
		Easy	2:00	60-100	Seated Flat	
		Hard/Moderate	60 sec X 2/120 sec	70-100	Rider's Choice	
		Hard/Moderate	60 sec X 2/120 sec	70-100	Rider's Choice	
Hearts aint Gonna Lie- Extended Workout Mix (6:22)	Stage 3 6:00	Break	0:00 – 0:58	80-100	Seated Flat	COLD STARTS/STAGED RACE STARTS/TABATA Observation: How far can you go in 3 minutes? Dissociation: Starting gate
		Anaerobic/Easy	20/10 x 8 pick 5	70-100	Rider's Choice	
		Easy	0:00 – 2:00	70-100	Rider's Choice	

Email:

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Bad – Michael Jackson/AfroJack Club Mix (7:31) Al Pacino -Timmy Trumpet (3:42) Stronger – Kelly Clarkson / Nicky Romero Club Remix (5:52)	Stage 4 12:00	Anaerobic/ Recover	20/40, 30/30, 40/20, 50/10, 60/0	60-100	Rider's Choice	THRESHOLD LADDER – ACTIVE RECOVERY STUDY O: 6-minute distance challenge two times. Compare the difference between going up the ladder and back down the ladder A: Tune into each effort and recovery as you climb the ladder D: Sing along
		Active Recovery	0:00 – 2:00	60-100	Seated Flat	
		Recover/ Anaerobic	0/60, 10/50, 20/40, 30/30, 40/20	60-100	Rider's Choice	
Go Cubs Go (2:52) 24 K Remix DJ Aks (4:05)	Stage 5 7:00	Easy	0:00 – 2:00	80-100	Seated Flat	FARTLECK RACE Challenge: All-out effort with unpredictable length of work and an easy recovery of unknown time. Dissociation: 4:30 stands between you and the finish line. Show me how you finish. Trust yourself.
		Anaerobic Thru Easy	Random	70-100	Rider's Choice	
We Are The Champions - Live (3:27)	Cool Down 3:30	Easy	0:00 – 2:00	80-100	Seated Flat	Observation: Overall distance/time/averages/highs Recovery and mobility exercises
		Stretch	2:01 – 3:27	N/A	Mobility	

<https://open.spotify.com/user/12129288359/playlist/4ONK7wOdqrbsc14yYQ3XB9?si=ElhZCPkxTtamk9--J2Mgyw>

Email: