

Schwinn® Cycling Class Design Template from Master Trainer: Janelle Veteri



This is a 58-minute ride with two repetitive stages. A warmup is followed by fast interval that leads into a progressively harder hill climb. At the top of the hill is a quick, breathless interval. After a short rest, repeat the entire series.

The FRAME Music	The CORE			The FRAME Coaching/Motivation
	Stage/ Time	Intensity/ Time	RPM/Technique	
Ants Marching / Dave Matthews Band	Warm Up 4:31	Easy / 2:00 Moderate / :30 Easy / 1:00 Moderate / :30 Easy / :31	80 – 90 / Seated 60 – 70 / Standing 80 – 90 / Seated 60 – 70 / Standing 80 – 90 / Seated	Intervals: Easy / Moderate Intervals Observe power & effort using RPM and resistance Review big picture of ride, push point, and technique for sitting and standing
Ready to Go / Hardwell Remix	Stage 1 6:34	Progressive Hard intervals that decline in duration with always 30 sec easy in between. :60, :50, :40, :30, :20	Hard Intervals = 80-100 RPM, Seated Easy Rest = Seated 60 – 70RPM, Seated or Standing – riders' choice.	5 hard intervals that increase in intensity as the time goes down. Always with 30 second easy rest between intervals. The challenge is to observe average power on the stage timer going up with each interval. Remember it is you against you and you can do hard things!
This is Love – Afro Jack Remix:	5:15	Moderate with 3 :30second hard intervals	65 RPM / Seated to standing on hard intervals	Maintain resistance and increase RPM to go from moderate to hard to very hard intensity. Notice how your average power increases with every song.
When I'm Gone – 3 Doors Down:	4:20	Hard	75 RPM / Seated	Imagine you are with a pack of riders. You start in the group, steady and strong. You pick up the pace to get to the front of the line.
Higher – The Score:	3:35	Very hard	84 RPM / Standing as needed	You finish pushing your best effort to win the race. Work so hard that you deserve the recovery coming next!
Good Life (with G- Easy& Kehlani)	3:45	Easy to Moderate	84 RPM Seated	Keep a little resistance and stay in the saddle focusing on proper technique. Catch your breath, recover, and keep it at an easy to moderate intensity. Prepare yourself for the next stage of work where you repeat the entire stage.

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Ooh La La – Goldfrapp	Stage 2 3:24	0-:52 :53 – 1:08 (15sec) 1:08 – 1:36 1:37 – 2:07 (30sec) 2:08 – 2:55 2:56 – 3:16 (20sec) 3:17-3:24	80 / Moderate 90 / Hard 80 / Moderate 90 / Hard 80 / Moderate 90 / Hard 80 / Moderate	3 music mapped intervals. Feel the challenge of lungs and legs as you use RPM and resistance to push three hard intervals.
Scream & Shout – Will.i.am	4:21	Moderate with 4 :30second hard intervals	65 RPM / Seated to standing on hard intervals	This progressive hill will take you from moderate to hard to hardest intensity. Enjoy matching the RPM to the BPM.
Let it all burn – Graffiti Ghosts	3:38	Hard	70 RPM / Seated	Push for a challenging intensity that remains below breathless. What are you ready to let go of? Let it all burn!
Cumbersome – Seven Mary Three	3:57	Very hard	81 RPM / Standing as needed	Find the balance of intensity between the lungs and legs, pushing just below breathless. Remember with every challenge comes change.
U + Ur Hand – BeatCult Remix	6:40	:50 Moderate :10 Hard :40 Moderate :20 Hard :30 Moderate :30 Hard :20 Moderate :40 Hard :60 Easy :60 Hard :40 Easy	60 – 70 for Moderate 80 – 100 for Hard	Measure each minute interval with the goal of increasing distance for each interval. After the fourth interval rest for one minute and get your best distance for one minute. Let these intervals represent how life is about getting one percent better each day.
No More Drama – Mary J Blige	Recovery 5:26	Moderate to Easy	70 – 80	Take a look at your total distance. Be proud of your efforts. Your effort was earned not given!

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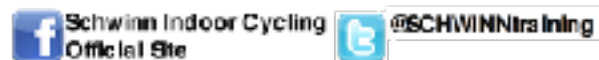
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