

ASOIR

A STATE OF RIDE
RELEASE 5

ASOR

RELEASE 5

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|---|----------------|--|---------------------------------|
| 1 | Warm-Up | Friends | Justin Bieber ft Bloodpop |
| 2 | Pace Intervals | Breaking Me (Extended) | Topic ft A7S |
| 3 | Climbing | Sweet Nothing (Dirtyloud Remix) | Calvin Harris ft Florence Welch |
| 4 | Attacks | My Way | Thandi Phoenix |
| 5 | Race Endurance | In the end, It Starts Again (Album Version) | ATB ft Sean Ryan |
| 6 | Power | Against The Sun | Rootkit ft Anna Yvette |
| 7 | Peak | Ride It (Dimitri Vegas & Like Mike vs Quintinio Remix) | Regard |
| 8 | Ride Home | Don't Look Back | Ryan Elder ft Kotomi |

Credits

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Program Director Matty Clarke

Music Remixing ASOR

Choreography Matty Clarke

Filmed at The ASOR Bunker, Sydney. Australia

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1. Warm-Up 1/1 = 105rpm

Friends (ASOR Extended Remix) (with BloodPop)

Justin Bieber

4.30min



Track Focus: I want my riders to feel the fun and brightness of this track in our group warm-up.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
1.04	Verse	_I was wondering	4 x 8	Set-Up	Seated Easy	1/2	Establish		Set yourself a comfortable position.
1.22	Pre-Chorus	know you	4 x 8				1/2+		
1.41	Chorus	I'm wonder ing	4 x 8		Seated Easy	3/4	Adjust		Find a gentle pace to start.
1.59		[inst]	4 x 8				3/4+	Hold	
2.17	Verse	_wondering if	4 x 8	Warm-Up 1	Seated Easy	1/2+	Hold		Knees above feet.
2.36	Pre-Chorus	know you	4 x 8						
2.54	Chorus	I'm wonder ing	4 x 8		Seated Easy	3/4	Adjust		Look for a small increase in pressure.
3.12		[inst]	4 x 8				3/4+	Hold	
3.31	Verse	_wondering if	4 x 8	Warm-Up 2	Seated Easy	1/2+	Hold		Smooth circles on the pedals.
3.49		know you	4 x 8						
4.07	Chorus	I'm wonder ing	4 x 8		Seated Easy	3/4+	Adjust		You want to feel firmness under your feet.
4.25		[inst]	4 x 8				Easy Racing	1/1	
4.44	Quiet Chorus	know you	4 x 8	Warm-Up 3	Seated Easy	1/2+	Hold		One more warm-up round.
5.02	Chorus	I'm wonder ing	4 x 8		Racing	1/1	Adjust		

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll to prepare for our pace intervals.

Track Focus: I want my riders to use the build phases of the music to find their correct working load.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
5.33	Intro	[low beat]	4 x 8	Set-Up	Seated Recovery	1/2			Find your space and place in the beat.
5.49		[deep melody]	4 x 8		Easy Racing	3/4	Establish	Easy	
6.05	Bridge	la la la la	1 x 8	Pace 1	Seated Easy	1/2			Bring a focus to a slow cadence. Relaxed but firm pressure under foot. Increase the load to inflate the muscles. Bringing your pace tempo up. On beat. Race strong.
6.09	Verse	call me what	4 x 8		1/2+				
6.25		if you wanna	4 x 8		3/4				
6.40	QC	la la la laa	4 x 8		1/2	Adjust	Mod		
6.56	Chorus	right here dancing	4 x 8		3/4+	Hold			
7.12		la la la laa	4 x 8		1/1	Adjust	Hard		
7.27	Verse	you can do whatever	4 x 8	Pace 2	Seated Easy	1/2+		Easy	Guage your recovery... Long & strong. On Pace.
7.43		if you wanna	4 x 8		Seated Easy	3/4	Adjust		
7.59	Chorus	right here dancing	4 x 8		Easy Racing	3/4+	Hold	Mod	
8.15		la la la laa	4 x 8		Racing	1/1	Adjust	Hard	
8.31	Verse	you can do whatever	4 x 8	Climb 1	Seated Easy	1/2+		Easy	Slow the legs. Hips back on the saddle. Increase load to establish your climb. Heavy enough to make you want to stand. Open and balance out of the saddle. Little bigger. Light hands on the bars.
8.46		if you wanna	4 x 8		Seated Climb	1/2	Adjust		
9.02	QC	la la la laa	4 x 8		Seated Climb			Mod	
9.18	Chorus	right here dancing	4 x 8		Standing Climb	1/2	Adjust		
9.33		la la la laa	4 x 8				Adjust	Hard	
9.50		[deep melody]	4 x 8				Adjust		
10.05	Bridge		1 x 8		Standing Recovery	1/4	Hold		Slow to walk.

10.09	Verse	call me what	4 x 8	Pace 3	Transition to Seated	1/2		Easy	Reduce pressure as you sit down.	
10.24		if you wanna	4 x 8		Seated Easy	3/4	Adjust	Mod		
10.40	Chorus	right here dancing	4 x 8		Easy Racing	3/4+	Hold			Last chance to prep the body.
10.56		la la la laa	4 x 8		Racing	1/1	Adjust	Hard		Rhythm is the key.
11.12		[deep melody]	4 x 8		Time Trial	1/1				
11.27		[low beat]	4 x 8		Time Trial	1/1+	Hold	Hard		Option. Accelerate or Rest.

Post Track: Maintain working resistance, bring your cadence back as we set up for our climb.

Track Focus: I want my riders to feel strong in the standing climbs and powerful and under control when seated.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
11.58	Intro	[slow beat]	4 x 8	Set-Up	Seated Recovery	1/2			Establish base climbing load.
12.12		[low melody]	4 x 8		Seated Easy				
12.25	Verse	_so I put my	4 x 8	Climb 1	Seated Climb	1/2+	Establish		A heavy and deliberate pedal stroke.
12.39		_and it's hard	4 x 8				3/4		
12.53	Pre-Chorus	[energetic synth]	4 x 8		Seated Climb	1/1	Adjust		
13.07	Chorus	[big deep synth]	16 x 8		Standing Climb	1/1	Adjust x 4	Hard	Look for strength, stay in control.
14.01		[low synth]	4 x 8		Power Climb	1/1	Hold	V Hard	
14.15	Verse	_every whisper	4 x 8		Seated Climb	1/1	Adjust	V Hard	First climb acheived. Earn your break.
14.29	Pre-Chorus	_so I put my	4 x 8		Standing Recovery	1/2	Hold		Slow legs, walk to recover.
14.43		_and it's hard	4 x 8	Transition to Seated	3/4	Adjust	Easy	Reduce. Sit and start to move.	
14.56		[energetic synth]	4 x 8	Climb 2	Seated Climb	3/4+	Establish		
15.10	Chorus	[big deep synth]	16 x 8		Standing Climb	1/1	Adjust x 4	Hard	Climb 2. 4 chances to adjust.
16.05		[low synth]	4 x 8		Power Climb	1/1	Hold	V Hard	This should feel harder.
16.19	Verse	_every whisper	4 x 8	Seated Climb	1/1	Adjust	V Hard	Get yourself anchored down and work.	
16.32	Pre-Chorus	_so I put my	4 x 8	Climb 3	Standing Recovery	1/2	Hold		Walk to get your breath
16.46		_and it's hard	4 x 8		Transition to Seated	1/2+	Adjust	Easy	
17.00		_and it's not enough	8 x 8		Seated Climb	1/1+	Hold		
17.27	Chorus	[big deep synth]	16 x 8	Standing Climb	1/1	Adjust x 4	Hard	Rhythm starts to feel hard to hold	
18.22		[low synth]	4 x 8	Power Climb	1/1	Hold	V Hard	Dig deep in the saddle.	

18.36

Outro

_every whisper

4 x 8

... continued

Standing Attack

1/1+

Adjust

V Hard

Lats chance. Attack the top.

Post Track: Reduce working load slightly to as we move to our interval attacks.

4. Attacks 1/1 = 85rpm

My Way (ASOR Extended Version)

Thandi Phoenix

6.43min



Track Focus: I want my riders to feel the fun in the attacks and learn to manage tension as they shift back to the saddle.

The Engineer

The Athlete

The Coach

Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
19.11	Intro	[low melody]	2 x 8	Set-Up	Seated Recovery			Easy	
19.17	Verse	_I've been trying	8 x 8		Seated Easy	1/2+	Establish		Bring the load to where you can start to move
19.39		to my voice_	4 x 8			3/4	Adjust	Mod	
19.51	Chorus	_at the end	4 x 8		Standing Attack	1/1		Hard	
20.02		don't want my life	4 x 8		Seated Attack	1/1			Sit & hold.
20.13		[upbeat inst]	4 x 8		Racing	1/1		V Hard	Take the work to earn the break.
20.25	Bridge		2 x 8		Seated Recovery	1/2			Slow down to find your recovery.
20.31	Verse	_it would be my	8 x 8		Seated Easy	1/2+	Adjust	Easy	Revitalise yourself to prepare.
20.53		down_	4 x 8	Attack 2		3/4	Adjust	Mod	Go bigger, then fight.
21.05	Chorus	_at the end	4 x 8		Standing Attack	1/1		Hard	Up & Go.
21.16		don't want my life	4 x 8		Seated Attack	1/1	Hold		Sit & work.
21.27		[upbeat inst]	4 x 8		Racing	1/1	Adjust	V Hard	On pace. Long & Strong.
21.39		_too many opinions	4 x 8		Seated Easy	1/2	Hold		Air in. You're gonna need it.
21.50	Inst	the noise_	8 x 8		Time Trial	1/1+	Adjust	Hard	Middle bar. Lock it in.
22.13	Chorus	_at the end	4 x 8	Attack 3	Standing Attack	1/1	Hold	Hard	Attack strong.
22.24			4 x 8		Seated Attack	1/1	Adjust		Sit down. Work for the pace.
22.35		[upbeat inst]	8 x 8		Racing	1/1+	Hold	V Hard	Redline. Do it your way.
22.58	Bridge		2 x 8	Attack 4	Seated Recovery	1/2	Hold		Waiting.
23.04	Verse	_it would be my	8 x 8		Seated Easy	1/2+	Establish	Easy	Come back and breathe easy.

23.37		down_	4 x 8			3/4	Adjust		Prepare.
23.38	Chorus	_at the end	4 x 8	..cont'd	Standing Attack	1/1	Hold	Hard	Gear up & go.
23.49			4 x 8		Seated Attack	1/1	Adjust		In the saddle makes magic.
24.01		[upbeat inst]	4 x 8		Racing	1/1	Hold	V Hard	Fight for pace.
24.12		_too many opinions	4 x 8		Seated Easy	1/2	Hold	Mod	Come back. One more round.
24.24	Reprise	[bass horn]	8 x 8		Time Trial	1/1+	Adjust		Middle bar. Slip inside and move.
24.46	Chorus	_at the end	4 x 8	Attack 5	Standing Attack	1/1	Hold	Hard	Last chance.
24.58			4 x 8		Seated Attack	1/1	Adjust		Stay in the saddle. Pressure is on.
25.09	Inst	[upbeat melody]	8 x 8		Racing	1/1	Adjust	V Hard	Do it your way.
25.32	Outro		1 x 8		Seated Recovery	1/2+	Hold		

Post Track: Reduce working resistance slightly as we move into our Race Endurance work.

5. Race Endurance 1/1 = 130rpm

When It Ends, It Starts Again

ATB ft Sean Ryan

7.33min



Track Focus: I want my riders to use the haunting lyrics to find their expression of their personal race pace.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
25.48		[meditation sounds]			Seated Recovery	1/2			Just Listen
27.33	Intro	[low melody]	8 x 8	Set-Up	Easy Racing	3/4			This where we each listen, and let go.
28.02	Verse	cold , stay down	8 x 8		Seated Recovery	1/2	Establish		Easy and on top of the bars.
28.31		on and on	8 x 8		Seated Easy	1/2	Adjust		Base level resistance is where you feel the road.
29.01	Pre-Chorus	then way home	8 x 8			1/2+	Adjust		Building closer to 3/4 pace
29.31	Chrous	it starts again_	12 x 8		Racing	1/1	Adjust	Hard	Start your journey. Just behind 1/1 to start.
30.15	Verse	_taking the time	8 x 8		Seated Easy	1/2+	Hold	Easy	Find your recovery.
30.44	Ref	it starts again	4 x 8		Seated Recovery	1/2		Easy	
30.59	Pre-Chorus	it starts again	4 x 8		Seated Easy	1/2+		Mod	It starts again.
31.14	Chrous	it starts again_	16 x 8		Racing	1/1	Adjust	Hard	Freedom comes from your legs.
32.13	Verse	_taking the time	8 x 8		Seated Easy	1/2+	Hold	Easy	Slow. Slip back in the saddle.
32.43	Ref	it starts again	4 x 8		Seated Recovery	1/2	Hold	Easy	
32.57	Pre-Chorus	it starts again	4 x 8		Seated Easy	1/2+	Adjust	Mod	One more race.
33.11	Chrous	it starts again_	16 x 8		Racing	1/1	Adjust	Hard	Start easy, be on pace at the end.
34.11	Reprise	_taking the time	8 x 8				Adjust	V Hard	Take the long road.
34.41	Outro	[soft melody]	4 x 8		Seated Recovery	1/2+	Hold		Done. Come back to an easy place.

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.

Track Focus: I want my riders to find their best work in the saddle after a short effort in the attack position.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
35.19	Intro	[low melody]	2 x 8	Set-Up	Seated Recovery	1/2	Hold		
35.31	Verse	_chase the wind	4 x 8		Seated Easy		Establish	Easy	4 Power efforts coming.
35.53	Pre-Chorus	now we race	4 x 8			3/4	Adjust	Mod	Turn the dial.
36.04	Chorus	[big melody]	4 x 8	Power 1	Standing Attack	1/1	Hold	Hard	Stand. Open. Work.
36.15		now we race	4 x 8		Racing	1/1	Hold	Hard	Dropping back in the saddle should feel hard.
36.26		[big melody]	8 x 8		Racing	1/1+	Adjust	V Hard	First Power Peak.
36.48	Bridge	[soft vocal]	8 x 8		Seated Recovery	1/2			Pay attention to how the first one felt.
37.10	Verse	now we race	4 x 8		Seated Easy	1/2	Establish	Easy	Tension fills the legs.
37.21	Pre-Chorus	[rising melody]	4 x 8	Power 2		3/4	Adjust	Mod	
37.32	Chorus	[heavy melody]	4 x 8		Standing Attack	1/1	Hold	Hard	Shoulders away from your ears.
37.43		[heavy melody]	4 x 8		Racing	1/1	Hold	Hard	Knees go high over the top.
37.54		[heavy melody]	8 x 8		Racing	1/1+	Adjust	V Hard	Push it forward. Go!!
38.16	Bridge	[soft piano]	8 x 8		Seated Recovery	1/2			Recovery. Not Rest.
38.27	Verse	_chase the wind	8 x 8		Seated Easy		Establish	Easy	
38.49	Pre-Chorus	now we race	4 x 8	Power 3		3/4	Adjust	Mod	Pressur ebuilds as you find pace.
39.00	Chorus	[heavy melody]	4 x 8		Standing Attack	1/1	Hold	Hard	Smooth & tight.
39.11		now we race	4 x 8		Racing	1/1	Hold	Hard	Get your race. Smooth edges.
39.22		[heavy melody]	8 x 8		Racing	1/1+	Adjust	V Hard	Push just ahead.
39.44	Bridge	race against	8 x 8		Seated Recovery	1/2			Last break. Last round.

40.06	Verse	now we race	4 x 8		1/2+	Establish	Easy	
40.17	Pre-Chorus	[rising melody]	4 x 8			Seated Easy	3/4	Adjust Mod
40.28	Chorus	[heavy melody]	4 x 8	Power 4		Standing Attack	1/1	Hold Hard
40.39			4 x 8			Racing	1/1	Hold Hard
40.50		[heavy melody]	8 x 8			Racing	1/1+	Adjust V Hard
41.13	Outro	[fading synth]	8 x 8			Seated Recovery	1/2	Adjust

Chase your final round.
 Long. Lean & strong.
 Anchors down. Heartrate up.
 Redline. You can see the finish.
 All done. Back off only what you need.

Post Track: Maintain a working tension as we set off towards our final peak effort.

7. Peak 1/1 = 64rpm

Ride It (Dimitri Vegas & Like Mike vs Quintino Mix)

7.15min

ASOR
RELEASE 5

Regard

Track Focus: I want my riders to experience the euphoric highs as we reach for our peak effort in our training.

The Engineer				The Athlete					The Coach	
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity		
41.55	Intro	[low beat]	4 x 8	Set-Up	Seated Recovery	1/2			Your peak is your peak.	
42.10		[snare drum]	4 x 8		Seated Climb	1/1	Establish	Easy		
42.25		[fades]	2 x 8	Peak 1		1/2	Hold	Easy	Road rises underneath you. Wider grip. Open your body for more air. Gear change. Strong & Centred.	
42.32	Verse	ride it	4 x 8		Seated Climb	3/4		Easy		
42.47		[cymbol]	4 x 8			3/4+	Adjust	Mod		
43.02		[energetic melody]	4 x 8			3/4+	Adjust			
43.17	Pre-Chorus	[building synth]	6 x 8			Power Climb	1/1+	Adjust		Hard
43.40	Chorus	[big synth]	16 x 8			Standing Climb	1/1	Adjust x 4		Hard
44.40	Reprise	ride it	4 x 8			Power Climb	1/1	Hold		V Hard
44.55	Verse	[euphoric synth]	4 x 8	Peak 2	Standing Recovery	1/2	Hold	Easy	Reset yourself for Peak 2. Your base level has just risen. Sit back. Grip tight. Do what you need.	
45.10	Pre-Chorus	[building synth]	6 x 8		Seated Climb	1/1+	Adjust	Mod		
45.32	Chorus	[big synth]	16 x 8		Standing Climb	1/1	Adjust x 4	Hard		
46.32	Reprise	ride it	4 x 8		Seated Climb	1/1	Hold	V Hard		
46.47	Verse	[euphoric melody]	4 x 8	Peak 3	Standing Recovery	1/2	Hold	Easy	Walk tall. Open the lungs. Let it all in. One more time. Take this chance. You'll not lose. Heaviest pressure. Highest Peak. Do not let go. Ride it to the top.	
47.03	Pre-Chorus	[building synth]	4 x 8			Power Climb	1/1+	Adjust		Mod
47.17	Chorus	[big synth]	20 x 8			Standing Climb	1/1	Adjust x 4		Hard
48.32	Reprise	ride it	4 x 8			Seated Climb	1/1	Hold		V Hard
48.47	Outro	[low beat]	4 x 8			Standing Attack	1/1+	Hold		V Hard

Post Track: Reduce working resistance, bring your cadence back to a comfortable roll in the saddle.

8. Ride Home 1/1 = 100rpm

Don't Look Back (from Rick & Morty)

Kotomi, Ryan Elder

5.31min



Track Focus: I want my riders to bring themselves back to a calm, to find some technique and recovery after a ride well done.

The Engineer

The Athlete

The Coach

Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
49.11	Intro	[voices]	4 x 8	Set-Up	Seated Recovery	1/2		Easy	Back in the saddle. Relaxed.
	Verse	_I know you tried	8 x 8	Ride Home 1	Seated Easy	1/2+	Establish		It's time to bring it home.
	Pre-Chorus	_there's a force	4 x 8						Find a relaxed position that suits you.
	Chorus	_don't look back	4 x 8		Easy Racing	1/1	Adjust	Easy	Keep the focus forward.
		_just like that	4 x 8						
	Verse	_flip the switch	4 x 8	Ride Home 2	Seated Easy	1/2+	Adjust	Easy	Reset your body. Reset your mind.
	Pre-Chorus	_i'm a force	4 x 8						Road meets your feet.
	Chorus	_don't look back	4 x 8		Easy Racing	1/1	Adjust		We are going to keep moving forward.
		_just like that	4 x 8						
	Verse	_flip the switch	4 x 8		Upright Twist L	STOP	N/A		Hands away from the bars. Body up.
	Pre-Chorus	_i'm a force	4 x 8		Upright Twist R				Lower back release.
	Chorus	_don't look back	4 x 8		Anterior Shoulder				Reach Under Saddle
		_just like that	4 x 8		Overhead Reach				Clasp Hands and Reach overhead
	Outro	_dreaming	1 x 8		Return to centre				We are all done.

Post Track: Celebrate a ride well done. Share your experience on Social Media using the #ASTATEOFRIDE tags.