

ASOIR

A STATE OF RIDE
RELEASE 8

OFFICIAL INSTRUCTOR CHOREOGRAPHY

ASOR 8

A STATE OF RIDE

1	Warm-Up	Good On You	Krewella	4.21min
2	Pace Intervals	Imagine	Steve Aoki ft AJ Mitchell	6.35min
3	Climbing	Levels (Skrillex Remix)	Avicii	6.10min
4	Attacks	Give Into	NUTRONIC	6.58min
5	Race Endurance	This Moment (Prog Mix)	Nic Chagall	8.10min
6	Power	Animals (Jay Ronko Remix)	Martin Garrix	6.42min
7	Peak	Don't You Want Me 2015 (Dimitri Vegas & Like Mike Remix)	Felix	7.25min
8	Ride Home	Together	For KING & COUNTRY	3.35min

Credits

Program Creator Matty Clarke

Program Director Matty Clarke

Music Remixing Matty Clarke

Choreography Matty Clarke

Behind the console Jason Warring

Filmed at The ASOR Bunker, Sydney, Australia

This Release Choreography Booklet is for the EXCLUSIVE USE of ASOR Instructors.

Learn more at www.astateofride.com

1. Warm-Up 1/1 = 110rpm

Good On You
Krewella

4.21min



Track Focus: I want riders to feel a great connection to the rhythm of their warm-up.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
1.02	Intro	[strings]	1 x 8	Set-Up	Seated Recovery	1/4			
1.07	Verse	slow down	4 x 8	Warm-Up 1	Seated Easy	1/4	○	Easy	Find a connection to the music.
1.24		it's a force	4 x 8			1/4+			
1.41	Pre-Chorus	me and you	4 1/2 x 8		Seated Easy	1/2	↑		
2.01	Chorus	[melody]	6 x 8	Warm-Up 2	Easy Racing	3/4		Easy	Find a focus on a smoothness.
2.27	Verse	so close	4 x 8		Seated Easy	1/2+			
2.44		it's a force	4 x 8			1/2+			
3.02	Pre-Chorus	me and you	4 1/2 x 8	Warm-Up 3	Seated Easy	1/2	↑		A little bit more push.
3.21	Chorus	[melody]	6 x 8		Easy Racing	3/4+		Mod	
3.48	Verse	so close	4 x 8		Seated Easy	1/2+			
4.05		it's a force	4 x 8	Warm-Up 3	Seated Easy	1/2	↑		Find your centre on the saddle.
4.23	Pre-Chorus	me and you	4 1/2 x 8		Seated Easy	1/2	↑		
4.42	Chorus	[melody]	6 x 8		Easy Racing	3/4+		Mod	
5.08	Outro	[low drums]	2 x 8		Racing	1/1			Reach forward and race out.

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Good On You

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

Track Focus: I want riders to feel the uptempo energy to raise the intensity of their workout.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
5.31	Intro	[soft piano]	2 x 8	Set-Up	Seated Recovery	1/4			
5.39	Verse	_I'm losing my	4 x 8	Pace 1	Seated Easy	1/2+	○	Easy	Feel the pressure build underneath. Use the last 4 x 8 for 1:1 tempo.
5.55		under your control	4 x 8			1/2+			
6.11	Pre-Chorus	_I want all the good	5 x 8			1/2	↑		
6.29	Chorus	[deep melody]	8 x 8		Easy Racing	3/4		Easy	
1.01	Verse	_I'm losing my	4 x 8	Pace 2	Seated Easy	1/2+			Use the last 4 x 8 for 1:1 tempo.
7.17		under your control	4 x 8			3/4			
7.33	Pre-Chorus	_I want all the good	5 x 8			1/2	↑		
7.51	Chorus	[deep melody]	8 x 8		Racing	3/4+		Mod	
8.23	Verse	_I'm losing my	4 x 8	Climb 1	Seated Easy	1/2+			Allow the resistance to pull your speed back. Chang of focus. Into the climbs. Enough pressure to stand. Feel where the saddle stays close to you.
8.39		under your control	4 x 8			1/2+			
8.55	Pre-Chorus	_I want all the good	4 x 8		Seated Climb	1/2	↑	Mod	
9.11		_I want all the good	6 x 8		Seated Climb	1/2	↑		
9.35	Chorus	[deep melody]	8 x 8		Standing Climb	1/2		Mod	
10.07	Reprise	_I want all the good	4 x 8		Standing Climb	1/2	↑	Hard	
10.23	Outro	[soft piano]	2 x 8	Standing Recovery	1/4				

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Imagine

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

3. Hill Climb 1/1 = 70rpm

Levels (Skrillex Remix)

Avicii

6.10min


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A STATE OF RIDE

Track Focus: I want to riders feel strong on the climbs both in and out of the saddle.

The Engineer				The Athlete					The Coach			
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options			
10.45	Intro	[low beat]	4 x 8	Set-Up	Seated Recovery	1/4	○	Easy	Working level on the legs.			
10.59		oh, sometimes	8 x 8		Seated Climb	1/4+						
11.26	Bridge	[fades]	2 x 8		Seated Climb							
11.33	Verse	[synth melody]	4 x 8	Climb 1	Seated Climb	3/4	↑	Easy	Let climb one begin.			
11.47	Pre-Chorus	_what, what	4 x 8		Standing Climb	3/4+						
12.01	Chorus	[big synth]	8 x 8		Seated Climb	1/1				↑	Mod	OPTION: add gear after first 4 x 8
12.28	Reprise	[deep synth]	4 x 8		Standing Climb	1/1						
12.42		[deep synth]	4 x 8		Standing Recovery	1/2						
12.55	Bridge	[fades]	2 x 8	Seated Climb	3/4	↓	Easy	Back into the saddle.				
13.02	Verse	[synth melody]	4 x 8	Standing Climb	3/4+				↑	Easy	Bringing load back into the climb.	
13.16	Pre-Chorus	_what, what	4 x 8	Seated Climb	1/1	↑	Mod	OPTION: add gear after first 4 x 8				
13.3	Chorus	[big synth]	8 x 8	Standing Climb	1/1				↑	Hard	Up & out again.	
13.57	Reprise	[deep synth]	4 x 8	Standing Recovery	1/2	↓	Easy	Recovery hard.				
14.11		[deep synth]	4 x 8	Seated Climb	3/4+				↑	Easy	Stay down and work.	
14.25	Bridge	[fades]	2 x 8	Power Climb	1/1+	↑	Mod/Hard					
14.31	Verse	oh, sometimes	4 x 8	Standing Climb	1/1			↑	Hard			
14.45		oh, sometimes	4 x 8									
14.59	Quiet Chorus	[drums & synth]	8 x 8									
15.26	Chorus	[big synth]	8 x 8									

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Levels (Skrillex Remix)

15.54	Reprise	[deep synth]	4 x 8		Seated Climb	1/1		V Hard	Deep into the saddle.
16.07		[deep synth]	4 x 8	Climb 3 cont'd	Standing Climb	1/1		V Hard	Rise out, climb out.
16.21	Outro	oh , sometimes	8 x 8		Standing Attack	1/1+		VV Hard	Make the move, forward. Find the good feeling.

Post Track: Shift back to the saddle. Reduce a small amount of load to allow recovery and prepare for the attacks.

4. Attack Intervals 1/1 = 87rpm

Give Into Nutronic

6.58min



Track Focus: I want riders to feel energetic in their attack.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
16.59	Intro	_so isolated	8 x 8	Set-Up	Seated Recovery	1/4			Find a working level of load under foot.
17.22		inside_	4 x 8		Seated Easy	1/4+	○		
17.33	Pre-Chorus	you give into	8 1/2 x 8	Attack 1		1/2		Easy	Attack is up and forward. Hold your load, settle into the saddle. Slip forward, drop behind pace. Onto pace, work towards uncomfortable. Block 2 explodes.
17.56	Instrumental	[upbeat synth]	4 x 8		Standing Attack	1/1	↑	Mod	
18.07		[upbeat synth]	4 x 8		Seated Attack	1/1			
18.18	Verse	_too much pollution	8 x 8		Time Trial	3/4		Mod	
18.40	Pre-Chorus	you give into	8 x 8		Time Trial	1/1	↑	Mod/Hard	
19.05	Instrumental	[upbeat synth]	4 x 8		Standing Attack	1/1	↑	Hard	
19.16		[upbeat synth]	4 x 8		Seated Attack	1/1		Hard	
19.27	Bridge	[low synth]	4 x 8		Seated Easy	1/4	↓	Easy	Back it away.
19.38	Pre-Chorus	you give into	8 1/2 x 8	Attack 2		1/2			Building towards round 2.
20.02	Instrumental	[upbeat synth]	4 x 8		Standing Attack	1/1	↑	Mod/Hard	
20.13		[upbeat synth]	4 x 8		Seated Attack	1/1		Hard	
20.24	Verse	_too much pollution	8 x 8		Time Trial	3/4		Mod	
20.46	Pre-Chorus	you give into	8 x 8		Time Trial	1/1	↑	Mod/Hard	
21.11	Instrumental	[upbeat synth]	4 x 8		Standing Attack	1/1	↑	Hard	
21.22		[upbeat synth]	4 x 8		Seated Attack	1/1		Hard	
21.33	Bridge	[low synth]	4 x 8	Attack 3	Seated Easy	1/4	↓	Easy	Drive to the break.
21.44	Pre-Chorus	you give into	6 x 8				1/2		

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Give Into

22.00		just don't give up	9 x 8		Seated Easy	1/2+	↑	Mod	
22.23	Instrumental	[upbeat drum]	16 x 8		Power Race	1/1	↑	Mod/Hard	Pressure builds.
23.07		you give into	5 x 8	Attack 3 cont'd		1/1	↑	Hard	
23.31	Instrumental	[upbeat synth]	4 x 8		Standing Attack	1/1	↑	V Hard	Time to disappear.
23.43	Outro	[upbeat synth]	4 x 8		Seated Attack	1/1		V V Hard	Work to breathless.

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

Track Focus: I want riders to feel the freedom of their top personal race pace.

The Engineer				The Athlete					The Coach	
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options	
24.04	Intro	[low drum]	8 x 8	Set-Up	Seated Recovery	1/4				
24.34		[soft piano]	8 x 8	Race 1	Seated Easy	1/2	○	Easy	Bring your attention towards YOU.	
25.03		[low hum]	8 x 8		Easy Racing	3/4	↑	Easy/Mod	Enough pressure to be safe.	
25.33	Verse	i've been running	8 x 8		Seated Easy	1/2+	↓	Easy		
26.03		it's a bitter end	8 x 8		Easy Racing	3/4	↑	Mod	Stay active in your movement.	
26.32	Bridge	[fades]	8 x 8	Race 2	Seated Easy	1/2		Easy	Inflate the muscles, feel it fill the legs.	
27.02		_all that I need	12 x 8		Seated Easy	1/2+	↑			
27.46		_if there was a way	8 x 8		Seated Easy	3/4	↑	Mod		
28.16	Instrumental	[big melody]	8 x 8		Power Race	1/1		Mod/Hard		NEW POSITION.
28.45	Bridge	[fading melody]	8 x 8		Seated Easy	1/4	↓	Easy	Fade back.	
29.15		[building drum]	4 x 8		Seated Easy	3/4				
29.29	Instrumental	[big melody]	8 x 8	Race 3	Racing	3/4+	↑	Mod	On your race pace. Easy. One more.	
29.59		_all that I need	8 x 8		Racing	1/1	↑	Mod/Hard		
30.29	Bridge	[fades]	4 x 8		Easy	1/2+	↓	Easy		
30.43		[soft building vocal]	4 x 8				3/4	↑		Mod
30.58	Instrumental	[big melody]	12 x 8		Racing	1/1	↑	Hard		
31.42	Outro	[low hum]	8 x 8		Time Trial	1/1+		Hard	Hold strong.	

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This Moment (Prog Mix)

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

Track Focus: I want riders to feel where pressure meets performance.

The Engineer				The Athlete					The Coach								
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options								
32.23	Intro	[low synth & drum]	4 x 8	Set-Up	Seated Recovery	1/4	○	Easy	Find a base level load.								
32.40		[deep synth]	4 x 8		Seated Easy	1/2+											
32.58	Bridge	[fades]	2 x 8		Seated Easy	1/2											
33.07	Verse	[synth]	4 x 8	Power 1	Seated Easy	1/4	↑	Easy	Round 1, it's gonna be busy.								
33.24		[bass & synth]	4 x 8			1/2											
33.42	Pre-Chorus	[drum roll]	4 x 8		Seated Easy	3/4				↑	Easy	Building to Power Pace.					
33.59	Chorus	[big melody]	4 x 8		Standing Attack	1/1							Mod/Hard				
34.16		[big melody]	4 x 8		Seated Attack	1/1								Hard			
34.34	Reprise	_go, go, go, go	4 x 8		Power Race	1/1									↑	Hard	Power position. Effort on.
34.51	Verse	[synth]	4 x 8	Seated Recovery	1/4	↓	Easy										
35.09		[bass & synth]	4 x 8	Seated Easy	1/2			Easy									
35.26	Pre-Chorus	[drum roll]	4 x 8	Power 2	Seated Easy				3/4	↑	Mod						
35.44	Chorus	[big melody]	4 x 8		Standing Attack				1/1			↑	Mod/Hard				
36.01		[big melody]	4 x 8		Seated Attack				1/1					Hard			
36.18	Reprise	_go, go, go, go	4 x 8		Power Race				1/1						↑	Hard	Slide back. Open your chest. Drive!!
36.36	Verse	[synth]	4 x 8		Seated Recovery	1/4	↓		Easy								
36.53		[bass & synth]	4 x 8		Seated Easy	1/2		Power 3									
37.11	Pre-Chorus	[drum roll]	4 x 8	Seated Easy	3/4	↑				Mod/Hard	One. More. Round.						
37.28	Chorus	[big melody]	4 x 8	Standing Attack	1/1												

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Animals (Jay Ronko Remix)

37.46		[big melody]	4 x 8		Seated Attack	1/1		Hard	Work. Shoot for breathless.
38.03	Reprise	_go, go, go, go	4 x 8	Power 3 cont'd	Power Race	1/1		V Hard	
38.21	Outro	[low synth & drum]	8 x 8		Time Trial	1/1+		V V Hard	OPTION: Recovery.

Post Track: Find a recovery position in the saddle, allow your loegs to slow with the working resistance from your last effort.

7. Peak 1/1 = 64rpm

Don't You Want Me 2015

Felix ft Dimitri Vegas & Like Mike

7.25min



Track Focus: I want riders to find the peak expression of fitness over the final stages of the ride.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
39.05	Intro	[drum]	4 x 8	Set-Up	Seated Recovery	1/4			Base level working load.
39.20		[bass & clap]	4 x 8		Seated Climb	3/4	○	Easy	
39.35	Bridge	[fades]	2 x 8	Peak 1		1/2+			Find your start.
39.43	Verse	[soft synth]	4 x 8		Seated Climb	1/2+	↑	Easy	
39.58		[synth & drum]	8 x 8		Seated Climb	1/2+	↑	Easy/Mod	
40.28	Pre-Chorus	[building clap]	4 x 8		Seated Climb	3/4		Mod	It's coming. Let it fill you.
40.43		[drum roll & synth]	4 x 8		Power Climb	1/1+	↑	Mod/Hard	
40.58	Chorus	[big melody]	12 x 8		Standing Climb	1/1	↑	Hard	OPTION: add gear each 4 x 8
41.43	Bridge	[fades]	2 x 8		Standing Recovery	1/2			Slow, & tall.
41.50	Verse	[soft synth]	4 x 8	Peak 2	Seated Climb	1/2	↓	Easy	Adjust back to the saddle.
42.05		[synth & drum]	8 x 8		Seated Climb	1/2+			Bring in your climbing gear. Butt back in the saddle.
42.35	Pre-Chorus	[building clap]	4 x 8		Seated Climb	3/4	↑	Easy/Mod	
42.50		[drum roll & synth]	4 x 8		Seated Climb	3/4+		Mod	
43.05	Chorus	[big melody]	12 x 8		Standing Climb	1/1	↑	Hard	Syand and work. OPTION: 4 x 8 change gear.
43.50	Bridge	[fades]	2 x 8	Standing Recovery	1/4			Back off a little to allow your final recovery.	
43.58	Verse	[soft synth]	4 x 8	Seated Easy	1/2	↓	Easy		
44.13		[synth & drum]	8 x 8	Seated Climb	1/2+				
44.28	Pre-Chorus	[building clap]	4 x 8	Peak 3	Seated Climb	3/4	↑	Easy/Mod	Bring onm
44.43		[drum roll & synth]	4 x 8		Power Climb	3/4+	↑	Mod	

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Don't You Want Me 2015

44.58	Chorus	[big melody]	12 x 8
45.43	Instrumental	[bass & clap]	4 x 8
45.58	Outro	[bass & clap]	4 x 8

Peak 3 cont'd	Standing Climb	1/1	↑	Hard
	Seated Climb	1/1		V Hard
	Standing Attack	1/1+	↑	V V Hard

OPTION: reduce to recover then GO!!
Last chance, find your training peak.

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

8. Ride Home 1/1 =112rpm

Together For King & Country ft Foster the People

3.35min



Track Focus: I want riders to feel a sense of achievement as they make their way home.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
46.30	Intro	[vocals]	2 x 8	Set-Up	Seated Recovery	1/4			
46.39	Verse	this is for busted	4 x 8	Ride Home 1	Seated Easy	1/2+	○	Easy	Allow a low working pressure to meet your feet.
46.57		_if you're looking	4 x 8		Seated Easy	3/4			
47.14	Pre-Chorus	if we fall	4 x 8		Seated Easy	1/2	↑	Easy/Mod	
47.32	Chorus	[melody]	4 x 8		Easy Racing	3/4+			
47.49	Reprise	[vocals]	4 x 8		Racing	1/1		Mod	Feel everything come together.
48.06	Pre-Chorus	if we fall	4 x 8	Ride Home 2	Seated Easy	1/2	↓	Easy	Come back to calm.
48.24	Chorus	[melody]	4 x 8		Easy Racing	3/4+	↑	Easy/Mod	Bring yourself to a nice place.
48.41	Reprise	[vocals]	4 x 8		Racing	1/1			
48.58	Pre-Chorus	if we fall	4 x 8		STOP				
49.15	Chorus	[melody]	8 x 8	Stretch	Upright Twist L/R				Lower Back Release/ Change after 4 x 8
49.50	Outro	we are dang erous	2 x 8		Chest Opener				Hands Behind, Chest Lifted.

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Together

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Post Track: Celebrate a great experience together.