

# ASOIR

A STATE OF RIDE  
RELEASE 4

OFFICIAL INSTRUCTOR CHOREOGRAPHY

# ASOR 4

A STATE OF RIDE

1	Warm-Up	Highroller (Dodge & Fuski Remix)	Pegboard Nerds ft Splitbreed	5.48min
2	Pace Intervals	Physical (Alok Remix)	Dua Lipa	6.33min
3	Climbing	Boom	Tiesto ft Sevann	6.53min
4	Attacks	Getaway (Koven Remix)	Tritonal ft Angel Taylor	6.58min
5	Race Endurance	Wherever you Are (Extended Mix)	Ferry Corsten ft HALIENE	7.59min
6	Power	Are You Ready	Disturbed	6.52min
7	Peak	Adagio For Strings (Original Mix)	Mark Sixma	8.39min
8	Ride Home	Hero	Said the Sky ft Olivver the Kid	5.48min

## Credits

**Program Creator** Matty Clarke

**Program Director** Matty Clarke

**Music Remixing** Matty Clarke

**Choreography** Matty Clarke

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**Filmed at** The ASOR Bunker, Sydney. Australia

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1. Warm-Up 1/1 = 100rpm

# Highroller (Dodge & Fuski Remix)

Pegboard Nerds ft Splitbreed

5.48min



**Track Focus:** I want to feel the upbeat nature of the warm-up and make a connection to the beat.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
1.00	Intro	I don't need a dime	4 x 8	Set-Up	Seated Recovery	1/4			
1.19	Bridge	[low synth]	4 x 8	Warm-Up 1	Seated Easy	1/2	○	Easy	Easy rhythm to kickus off.
1.38	Verse	[deep synth]	4 x 8			1/2+			
1.58	Pre-Chorus	[deep synth]	4 x 8			3/4	↗		
2.17	Chorus	I don't need a dime	4 x 8		Easy Racing	3/4+	↗	Easy/Mod	A little closer.
2.37	Bridge	[low synth]	4 x 8	Warm-Up 2	Seated Easy	1/2			Allow your legs to slow a little. Focus on your push.
2.55	Verse	[deep synth]	4 x 8			3/4		Easy/Mod	
3.14	Pre-Chorus	[deep synth]	4 x 8			3/4			
3.34	Chorus	I don't need a dime	4 x 8		Easy Racing	3/4+	↗	Mod	Lengthen and find an easy reach.
3.53	Bridge	[low synth]	4 x 8	Warm-Up 3	Seated Easy	1/2			Slowing down, one more round. By the end we want to feel a little more heat.
4.12	Verse	[deep synth]	4 x 8			1/2+			
4.31	Pre-Chorus	[deep synth]	4 x 8			3/4	↗	Easy/Mod	
4.50	Chorus	I don't need a dime	4 x 8		Easy Racing	1/1	↗		Aiming to be on your pace now
5.10	Outro	[upbeat melody]	4 x 8		Racing	P/P		Mod	

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## Highroller (Dodge & Fuski Remix)

**Post Track:** Maintain your working race resistance, bring cadence to a slow roll as we move towards our Pace Intervals.

2. Mixed Pace 1/1 = 126rpm

Physical (Alok Remix)

Dua Lipa

6.33min



**Track Focus:** I want riders to feel connection to their personal race pace and learn about working resistance.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
5.40	Intro	<b>com</b> mon love isn't	8 x 8		Seated Recovery	1/4			
6.10	Pre-Chorus	_all night	8 x 8	Set-Up	Seated Easy	1/2	○	Easy	Feel where load meets your feet.
6.41	Chorus	[big melody]	4 x 8		Easy Racing	PP		Easy/Mod	Shakedown... take a race.
6.56	Bridge	[fades]	1/2 x 8		Seated Easy	1/2			
6.58	Verse	<b>adren</b> alin keeps	4 x 8		Seated Easy	1/2+	↓	Easy	Slow back to recovery.
7.13		_I don't wanna	4 x 8	Pace 1		1/2	↑		Feel a little challenge in your load.
7.28	Pre-Chorus	_all night	8 x 8			1/2+	↗	Easy/Mod	Readjust to find your pace pressure.
7.59	Chorus	[big melody]	8 x 8		Racing	PP	↗	Mod	Personal Pace. On Beat or close to.
8.29	Bridge	[fades]	1/2 x 8		Seated Easy	3/4			Slowing. Bring it back.
8.31	Verse	<b>adren</b> alin keeps	4 x 8		Seated Easy	1/2+	↓	Easy	Come back to that easy place.
8.47		_I don't wanna	4 x 8	Pace 2		1/2	↑		Legs will slow as the pressure lifts.
9.02	Pre-Chorus	_all night	8 x 8			1/2+	↗	Easy/Mod	Building race pressure.
9.32	Chorus	[big melody]	8 x 8		Racing	PP	↗	Mod	Personal Pace - this is YOUR on beat.
10.03	Reprise	_light's out	4 x 8			PP	↗	Mod/Hard	Check your breathing. Open mouth.
10.18	Bridge	[fades]	1/2 x 8		Seated Easy	3/4			
10.20	Verse	<b>adren</b> alin keeps	4 x 8		Seated Easy	1/2		Easy	Hold load. Reduce your cadence to the climb.
10.35		_I don't wanna	4 x 8	Mixed 1	Seated Easy	1/2	↑	Easy/Mod	A little breather as we bring a heaviness on.
10.51	Pre-Chorus	_all night	8 x 8		Seated Climb	1/2	↗	Mod	Firm into the back of the saddle.
11.21	Chorus	[big melody]	8 x 8		Standing Climb	1/2	↗	Mod	Open up, load on and rise.

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## Physical (Alok Remix)

11.51

Reprise

\_light's out

4 x 8

Mixed 1 cont'd

Racing

PP



Mod/Hard

Back into the saddle, reduce to chase the flats.

**Post Track:** Maintain working resistance, bring your cadence back to a comfortable roll as we set up for our climb.

### 3. Hill Climb 1/1 = 62rpm

**Boom**  
Tiesto ft Sevann

6.53min


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**Track Focus:** I want riders to feel the groove on the climb.

The Engineer				The Athlete					The Coach	
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options	
12.18	Intro	[low beat]	4 x 8	Set-Up	Seated Recovery				Establish climbing pace	
12.33		[hi-hat]	8 x 8		Seated Easy	1/2+	○	Easy		
13.04	Bridge	[synth melody]	4 1/2 x 8		Standing Recovery	1/2		Easy/Mod		
13.22	Chorus	[deep bass beat]	4 x 8		Standing Climb	1/1	↗	Mod	Big gear, out of the saddle.	
13.38	Verse	<b>this</b> was like a	8 x 8	Climb 1	Seated Climb	1/1		Mod	Enough load to safely be out of the saddle.	
14.09	Bridge	<b>bring</b> that ass back	4 x 8				1/1	↗		
14.24		[building]	5 x 8				1/1+			Mod/Hard
14.46	Chorus	[deep bass beat]	4 x 8			Standing Climb	1/1	↗		Mod
15.04		<b>in</b> the club going	4 x 8				1/1	↗		Mod/Hard
15.17		<b>all</b> the broads	4 x 8				1/1	↗		Hard
15.33		_like a boom, boom	4 x 8			Standing Climb	1/1			V Hard
15.48	Bridge	<b>bring</b> that ass back	4 x 8		Standing Recovery	1/2		Easy	Walk it out.	
16.04	Inst	[deep bass beat]	4 x 8	Climb 2	Seated Climb	3/4	↓	Easy	Anchors down.	
16.20	Verse	<b>this</b> was like	8 x 8				3/4+	↗	Easy/Mod	Slip back and increase the pressure.
16.51	Pre-Chorus	<b>bring</b> that ass back	4 x 8				1/2+	↗	Mod	Move towards that bigger gear.
17.06		[building]	5 x 8			Seated Climb	1/1+		Mod/Hard	Power training.
17.28	Chorus	[deep bass beat]	4 x 8			Standing Climb	1/1	↗	Hard	
17.44		<b>in</b> the club going	4 x 8				1/1	↗	Hard	
17.59		<b>all</b> these broads	4 x 8			1/1	↗	V Hard	Third gear is very hard.	

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## Boom

18.15		like a <b>boom</b> , boom	4 x 8	Climb 2 cont'd	Standing Climb	1/1		V Hard	30 seconds of work.
18.31	Outro	<b>bring</b> that ass back	4 x 8		Standing Attack	1/1+		V V Hard	Get ahead of it.

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









**Track Focus:** I want riders to feel explosive in their attacks.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
18.59	Intro	[soft hi-hat]	4 x 8	Set-Up	Seated Recovery	1/4			
19.10	Verse	doesn't take much	8 1/2 x 8		Seated Easy	1/2+	○	Easy	
19.34	Pre-Chorus	I don't see no <b>red</b>	8 x 8			3/4	↑	Mod	Make a decent change.
19.56	Chorus	<b>red</b> lights	4 x 8		Standing Attack	1/1	↗	Mod/Hard	Attack 1, outta here.
20.07		<b>tonight</b>	4 x 8	Attack 1	Seated Attack	1/1		Hard	Sit down that should feel harder.
20.19	Inst	[upbeat melody]	4 x 8		Time Trial	1/1		Mod/Hard	Tighten up the middle.
20.30		[upbeat melody]	4 x 8			1/1+	↗	Hard	
20.41	Bridge	[fades]	1 x 8		Seated Easy	1/2	↓	Easy	Reduce only what you need.
20.44	Verse	it's getting <b>dark</b>	8 1/2 x 8			1/2+		Easy	
21.07	Pre-Chorus	I don't see no <b>red</b>	8 x 8			3/4	↑	Mod	Bringing attack pressure on again.
21.30	Chorus	<b>red</b> lights	4 x 8		Standing Attack	1/1	↗	Mod/Hard	
21.41		<b>tonight</b>	4 x 8	Attack 2	Seated Attack	1/1		Hard	
21.52	Inst	[upbeat melody]	4 x 8		Time Trial	1/1		Hard	
22.03		[upbeat melody]	4 x 8			1/1+	↗	V Hard	Give it a little bump.
22.14	Bridge	[fades]	1 x 8		Seated Easy	1/2	↓	Easy	Come back to get some air in.
22.17	Verse	it's getting <b>much</b>	8 1/2 x 8			1/2+		Easy	
22.41	Pre-Chorus	I don't see no <b>red</b>	8 x 8			3/4	↑	Mod	
23.03	Chorus	<b>red</b> lights	4 x 8		Standing Attack	1/1	↗	Mod/Hard	
23.14		<b>tonight</b>	4 x 8	Attack 3	Seated Attack	1/1		Hard	Saddle is yours. Own it.

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## Getaway (Koven Remix)

23.25	Inst	[upbeat melody]	4 x 8		Time Trial	1/1		Hard	
23.37		[upbeat melody]	4 x 8	Attack 3 cont'd		1/1+		V Hard	Get ahead of it.
23.48	Bridge	[fades]	1 x 8		Seated Easy	1/2		Easy	Peel back. imto easy.
23.50	Verse	it's getting <b>dark</b>	8 1/2 x 8			1/2+		Easy	Breather. Last round ahead.
24.14	Pre-Chorus	I don't see no <b>red</b>	8 x 8			3/4		Mod	Prep for the final set.
24.36	Chorus	<b>red</b> lights	4 x 8		Standing Attack	1/1		Mod/Hard	Green light, GO!
24.48		<b>tonight</b>	4 x 8	Attack 4	Seated Attack	1/1		Hard	Working hard in the saddle.
24.59	Inst	[upbeat melody]	4 x 8		Time Trial	1/1		Hard	Inside. Slip your hips forward.
25.10		[upbeat melody]	4 x 8			1/1+		V Hard	Surge if you have it.
25.21	Outro	[soft melody]	8 x 8		Seated Easy	1/4		Easy	

**Post Track:** Maintain a rolling resistance like you had in track 2.

**Track Focus:** I want riders to use these 2 opportunities to express their personal race pace.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
26.02	Intro	[low beat]	8 x 8	Set-Up	Seated Recovery	1/4	○	Easy	Find a base level pressure under your feet. Let that working load slow you down.
26.32		[soft melody]	8 x 8		Seated Easy	1/2+			
27.02		[fade to piano]	4 x 8			1/2			
27.17	Verse	_I said a prayer	8 x 8	Race 1	Seated Easy	1/2	↓	Easy	Take a deep breath in. Slow down.
27.46	Pre-Chorus	wherever you <b>are</b>	8 x 8			1/2+	↑		Let the moment become you.
28.15	Quiet Chorus	wherever you <b>are</b>	8 x 8			3/4			Starting to move.
28.45		[upbeat vocals]	4 x 8		Easy Racing	3/4+	↗	Easy/Mod	Find your personal top pace, gear options. Slowing. Hold load.
29.00	Chorus	wherever you <b>are</b>	16 x 8		Racing	PP	↗	Mod/Hard	
29.59	Bridge	[fades]	4 x 8		Seated Easy	1/2			
30.14	Verse	_do you remember	8 x 8		Seated Easy	1/2+	↓	Easy	Reduce to recover.
30.43	Pre-Chorus	wherever you <b>are</b>	4 x 8		1/2	↑	Easy/Mod	Use pressure to slow the legs.	
30.58		hear my <b>voice</b>	4 x 8		1/2+	↗	Mod	Roll the legs forward a little.	
31.13	Quiet Chorus	wherever you <b>are</b>	8 x 8	Race 2		3/4			Build slowly.
31.42		[building vocal]	4 x 8		Easy Racing	3/4+	↗	Mod/Hard	90 seconds to the line. This is the test.
31.57	Chorus	[big melody]	16 x 8		Racing	PP	↗	Hard	
32.56	Inst	[low melody]	8 x 8		Time Trial	PP		Hard	
33.26		[low beat]	8 x 8			PP	↗	V Hard	OPTION: 1/1+

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## Wherever you Are (Extended Mix)

**Post Track:** Maintain working resistance, bring your cadence back to a comfortable roll as we make our way into our Power training.

**Track Focus:** I want riders to feel the high energy of this track to express their high energy efforts.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
34.12	Intro	[low synth]	4 x 8	Set-Up	Seated Recovery	1/4			
34.21	Inst	[guitar]	8 x 8		Seated Easy	1/2+	○	Easy	Find your pressure.
34.41	Verse	well <b>are</b> you ready	8 x 8	Power 1	Seated Easy	3/4			Relaxed position.
35.00		out of your <b>mind</b>	2 x 8		3/4+	↗	Mod	Pressure builds.	
35.09	Verse	<b>moving</b> steady	8 x 8		Seated Easy	3/4			Posture is important. Reset.
35.29	Pre-Chrous	of your mind	4 x 8		3/4+	↑	Mod	Makea bigger change.	
35.38	Chorus	_are you ready	4 x 8		Power Attack	1/1	↗	Mod/Hard	Open. RUN!
35.48		<b>prove</b> them wrong	4 x 8		Seated Power	1/1		Hard	Sit. DRIVE!
35.58	Bridge	prayed upon	4 x 8		Power Race	1/1	↗	V Hard	Race hard.
36.07	Verse	that's <b>enough</b>	4 x 8		Seated Easy	3/4	↓	Easy	Back it away. Catch some air
36.26		out of your <b>mind</b>	4 x 8		3/4+	↑	Mod	It starts again. Round 2	
36.36	Chorus	_are you ready	4 x 8	Power 2	Power Attack	1/1	↗	Mod/Hard	Get after it.
36.45		<b>prove</b> them wrong	4 x 8	Seated Power	1/1		Hard	Prove them all wrong. WOrk hard.	
36.55	Bridge	prayed upon	4 x 8	Seated Easy	1/2		Easy	Slowing, prepare.	
37.05	Inst	[upbeat guitar]	4 x 8	Power Race	1/1+	↗	V Hard	Hammer time. Are you ready	
37.24	Pre-Chorus	out of your <b>mind</b>	2 x 8	Power 3	Easy Racing	3/4+	↓		Ease back a little, we go back-to-back.
37.33	Chorus	_are you ready	4 x 8		Power Attack	1/1	↗	Mod/Hard	Again, breathless is coming.
37.43		<b>prove</b> them wrong	4 x 8		Seated Power	1/1		Hard	Heavy in the saddle.
37.54	Chorus Rpt	_are you ready	4 x 8		Power Attack	1/1	↗	Hard	

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## Are You Ready

38.02		<b>prove</b> them wrong	4 x 8	Power 3 cont'd	Seated Power	1/1		V Hard	
38.11	Bridge	prayed <b>upon</b>	8 1/2 x 8		Power Race	1/1+		V V Hard	
38.33	Verse	that's <b>enough</b>	8 x 8	Power 4	Seated Easy	3/4		Easy	Come back, breathe.
38.52	Pre-Chorus	control of your <b>mind</b>	4 x 8			3/4+		Easy/Mod	Prepare
39.02	Chorus	_are you ready	4 x 8		Power Attack	1/1		Mod/Hard	Double Header coming.
39.11		<b>prove</b> them wrong	4 x 8		Seated Power	1/1		Hard	
39.21	Bridge	prayed <b>upon</b>	4 x 8		Seated Easy	1/2		Easy	Slowing.
39.31	Inst	[upbeat guitar]	4 x 8		Power Race	1/1+		V Hard	Let's move.
39.50	Pre-Chorus	out of your <b>mind</b>	2 x 8		Easy Racing	3/4			Short breather.
40.00	Chorus	_are you ready	4 x 8		Power Attack	1/1		Hard	Last round, double up.
40.09		<b>prove</b> them wrong	4 x 8		Seated Power	1/1		V Hard	
40.19	Chorus Rpt	_are you ready	4 x 8		Power Attack	1/1		Hard	OPTION: Power Race
40.28		<b>prove</b> them wrong	4 x 8		Seated Power	1/1		V Hard	
40.38	Outro	[upbeat guitar]	4 x 8		Power Race	1/1+		V V Hard	All out!!! YOU'RE READY.

**Post Track:** Maintain a resitance that will take you into your peak training.

7. Peak 1/1 = 65rpm

# Adagio For Strings (Original Mix)

Mark Sixma

8.39min



**Track Focus:** I want riders to use the longer musical phases to find their training peak.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Cues & Options
41.08	Intro	[drum]	4 x 8	Set-Up	Seated Recovery	1/4			Take as much air in now as you can.
41.23		[low clap]	4 x 8						
41.38	Inst	[low drum]	4 x 8	Peak 1	Seated Climb	1/2+	○	Easy/Mod	3 peak climb. It's all or nothing now.
41.53		[low bass synth]	4 x 8				↑		
42.07	Chorus	[big synth]	8 x 8		Standing Climb	1/1	↗	Mod/Hard	
42.37		[low melody]	4 x 8				↗	Hard	Enough resistance to get you out of the saddle.
42.51	Bridge	[fades]	1 x 8		Standing Recovery	1/2			Find a relaxed heaviness.
42.55	Verse	[plucky strings]	5 1/2 x 8	Peak 2	Seated Easy	1/4	↓	Easy	Walk for your rest.
43.15		[clap]	5 1/2 x 8		Seated Easy	1/2+			Sit down, come back a little.
43.36	Pre-Chorus	[heavy synth]	5 1/2 x 8		Seated Climb	3/4	↑	Easy/Mod	Close in towards the beat.
43.56		[snare drum]	4 1/2 x 8						Climb begins. Peak 2
44.13	Chorus	[big synth]	5 1/2 x 8		Standing Climb	1/1	↗	Mod/Hard	Sprinters. Heavy and slightly ahead.
44.33			5 1/2 x 8						60 seconds of work ahead.
44.53			5 1/2 x 8						Hard
45.13	Bridge	[fading melody]	5 1/2 x 8	Standing Recovery	1/2			V Hard	Tapping into your breathless effort.
45.33	Pre-Chorus	[building]	4 x 8	Peak 3	Seated Climb	1/2+	↓	Easy/Mod	Take recovery.
45.48	Inst	[low bass synth]	4 x 8		Power Climb	1/1	↗	Hard	Grab a seat.
46.03		[low synth]	4 x 8						V Hard
46.18	Bridge	[fades]	1 x 8		Standing Recovery	1/4		Easy/Mod	OPTION: Standing Attack

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## Adagio For Strings (Original Mix)

46.22	Verse	[plucky strings]	5 1/2 x 8		Standing Recovery	1/2		Easy	
46.42		[clap]	5 1/2 x 8		Seated Climb	1/2+	↓		Into the saddle, final peak coming.
47.02	Pre-Chorus	[snare drum]	5 1/2 x 8		Seated Climb	1/1+	↑		Bring on the big gears.
47.19	Chorus	[big synth]	5 1/2 x 8		Standing Climb	1/1	↗	Hard	Turn, Rise.
47.39			5 1/2 x 8			1/1	↗	Hard	A little over 90 seconds of your workout to go.
48.00			5 1/2 x 8	Peak 4		1/1	↗	V Hard	Tapping into breathless.
48.20	Bridge	[fading melody]	5 1/2 x 8		Standing Recovery	1/4			Last chance.
48.40		[building]	4 x 8			1/2+		Easy/Mod	
48.55	Inst	[low bass synth]	4 x 8		Seated Climb	1/1	↓	Hard	Respite, just enough to give you relief.
49.10		[cymbol]	4 x 8		Standing Climb	1/1	↗	V Hard	Last chance.
49.25	Outro	[low clap]	4 x 8		Standing Attack	1/1+	↗	V V Hard	FINISH IT!!

**Post Track:** Head back into the saddle. Reduce your working resistance.



**8. Ride Home** 1/1 = 77rpm

**Hero**  
Said the Sky ft Oliver the Kid

5.48min



**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
49.54	Intro	[spoken word]	2 x 8	Set-Up	Seated Recovery	1/4			
50.07	Verse	_sentimental	4 x 8	Ride Home 1	Seated Easy	1/2+	○	Easy	Comfortable in the saddle.
50.32	Pre-Chorus	_I was making you	2 x 8		3/4				
50.44	Quiet Chorus	I wanna be a <b>hero</b>	4 1/2 x 8		1/2+	↗	Easy	A light pressure under foot	
51.09	Chorus	[melody]	4 x 8		Easy Racing	1/1			Smooth ride home
51.33	Bridge	[fades]	1 x 8		Seated Easy	1/2	↓		
51.40	Verse	it feels detrimental	4 x 8	Ride Home 2		1/2+		Easy	Relax your grip, stay safe on th ebars.
52.05	Pre-Chorus	_i was making you	2 x 8		3/4	↗			
52.17	Quiet Chorus	I wanna be a <b>hero</b>	4 1/2 x 8		1/2+	↗			A little pressure to keep yourself connected.
52.42	Chorus	[melody]	4 x 8		Easy Racing	1/1		Easy	
53.07	Bridge	[soft strings]	1 x 8		Seated Easy	1/2	↓		
53.13	Verse	_detrimental	4 x 8	Ride Home 3 & Stretch		1/2+			Ride to our stretch..
53.38	Pre-Chorus	_i was making you	2 x 8		3/4	↗	Easy		
53.50	Quiet Chorus	I wanna be a <b>hero</b>	4 1/2 x 8		TRANSITION	STOP			Slow your legs to a standstill.
54.15	Chorus	[melody]	4 x 8		Twist L	N/A			Body upright.
54.39	Reprise	[guitar]	4 x 8		Twist R	N/A			Rotate other side.
55.04	Outro	[softens]	4 x 8	Chest Opener	N/A			Reach under your saddle. Look up.	

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**Hero**

**Post Track:** Celebrate an amazing ride.