

INSTRUCTOR TOOLKIT

SUMMER '25



RIDE™

RELEASE 33

'NOTHING FOR FREE'

STAGE 1

A STATE OF RIDE

RIDE

RELEASE 33

Track	Description	Title	Artist
1	Warm-Up	Automatic Yes	<i>Zedd, John Mayer</i>
2	Mixed Pace	Overdrive	<i>Ofenbach, Norma Jean Martine</i>
3	Climbing	Swamp Thing	<i>Pegboard Nerds</i>
4	Attacks	Nothing For Free (Kove Remix)	<i>Pendulum, Kove</i>
5	Race Endurance	Turn On The Lights again.. (feat Futur	<i>Fred again.., Swedish House Mafia, Future</i>
6	Power	Lazerbeam	<i>Ray Volpe, Blanke, ÆON:MODE, Blanke</i>
7	Peak	Cafe Del Mar	<i>Dimitri Vegas & Like Mike, Vini Vici, MATTN</i>
8	Ride Home & Stretch	Homemade Dynamite	<i>Lorde</i>

Glossary



Base Working Pressure



Add load / harder



Decrease load / easier

SLOW Allow the legs to slow naturally

1:4 1/4 rpm against music

1:2 1/2 rpm against music

3:4 3/4 rpm against music

1:1 1 Revolution per count

Acc Accelerating in front of the beat

Cad Prescribed cadence/rpm

<55% Active Recovery

56-75% Endurance

76-90% Tempo

91-105% Threshold

105+ Vo2Max, A.C & NMP

Program Director Matty Clarke

LIVE Producer Jason Warring

This Booklet is for the EXCLUSIVE use of certified RIDE Instructors.

Automatic Yes

Zedd, John Mayer



1. Warm-Up 1:1 = rpm

4.24min

Training Notes: I want riders to find their 'cool' as they Warm Up. Use the smoothness of the sounds to find a great road pressure, then simply follow the groove.

Training	Time	Section	Music		Position	Cadence	Load	Effort	Duration
			Reference	Cts					
Set-Up	0.01	Intro	[low beat]	2 x 8	Seated Recovery	1:4			
W-Up 1	0.11	V	I know we already tried	4 x 8	Easy	3:4	○		
	0.31	PC	I don't wanna break	3 x 8		3:4	↗		
W-Up 2	0.49	Ch	yes, yes, yes I wanna	4 x 8	Racing	1:1	↗	Zone 1	20sec
	1.09	V	don't lie, you're scared	4 x 8		3:4			
W-Up 3	1.28	PC	I don't wanna break	3 x 8		3:4	↗		
	1.47	Ch	yes, yes, yes I wanna	4 x 8	Racing	1:1	↗	Zone 1	20sec
W-Up 4	2.07	V	don't lie, you're scared	4 x 8	Easy	3:4			
	2.26	PC	I don't wanna break	3 x 8		3:4	↗		
	2.45	Ch	yes, yes, yes I wanna	4 x 8	Racing	1:1	↗	Zone 2	40sec
W-Up 4	3.04	Reprise	you don't have to ask	4 x 8		1:1			
	3.24	br	(you don't have to ask)	4 x 8	Easy	SLOW			
W-Up 4	3.44	Inst	[guitar]	4 x 8	Racing	1:1	↗	Zone 2	40sec
	4.03	Outro	[guitar]	4 x 8		1:1			

Notes:



Overdrive

Ofenbach, Norma Jean Martine

RIDE
RELEASE 33

2. Mixed Pace 1:1 = 120rpm

5.42min

Training Notes: *I want riders to find their 'fast' button inside each race, building layers of resistance and intensity before heading into the hills. Stay calm under pressure, stay smooth under load.*

Training	Music				Position	Cad	Load	Effort	Duration
	Time	Section	Reference	Cts					
Set-Up	4.28	Intro	[beat]	4 x 8	Seated Recovery	1:4	○		
	4.44		[soft melody]	5 x 8	Easy	3:4			
Race 1	5.02	V	i wanna feel the heat	4 x 8		SLOW	↗	Mod	45sec
	5.18	PC	i wanna feel the heat	4 x 8		3:4			
	5.33	Ch	[BIG BEAT]	4 x 8	Racing	1:1			
	5.48	V	it doesn't matter where	4 x 8		1:1			
Race 2	6.03		there's a dancefloor	4 x 8		1:1	↗	Mod	45sec
	6.18	PC	i wanna feel the heat	4 x 8	Easy	SLOW			
	6.33	Ch	[BIG BEAT]	4 x 8	Racing	1:1			
	6.48	V	it doesn't matter where	4 x 8		1:1			
Race 3	7.03		there's a dancefloor	4 x 8		1:1	↗	Hard	45sec
	7.19	PC	i wanna feel the heat	4 x 8	Easy	SLOW			
	7.34	Ch	[BIG BEAT]	4 x 8	Racing	1:1			
	7.49	V	it doesn't matter where	4 x 8		1:1			
Race 4	8.04		there's a dancefloor	4 x 8		1:1	↗	Hard	15sec
	8.19	PC	i wanna feel the heat	4 x 8	Easy	SLOW			
Climb 1	8.34	Ch	[BIG BEAT]	4 x 8	Racing	1:1	↗	Mod	60sec
	8.49	br	(i wanna feel the heat)	4 1/2 x 8	Transition to Climb	SLOW			
	9.08	Ch	[BIG BEAT]	3 x 8	Standing Climb	1:2			
	9.20	Rpt	[BIG BEAT]	4 x 8		1:2			
	9.35	Inst	[melodic beat]	4 x 8	Seated Climb	1:2			
	9.50	Outro	[beat]	4 x 8	Standing Climb	Acc			

Notes:



Swamp Thing

Pegboard Nerds

RIDE
RELEASE 33

3. Climbing 1:1 = 67rpm

6.02min

Training Notes: *I want riders to find their strength in the hills with this ultra-catchy beat. Explore the 'extras' where you can give a little bit more, then hold on to get strong!*

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	10.25	Intro	[melody]	4 x 8	Seated Recovery	1:4	○		
Climb 1	10.40		[melody + beat]	4 x 8	Seated Climb	3:4			
	10.53	PC	(pump it up, pump it up)	4 x 8		Acc	↗	Hard	60sec
	11.07	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗		
	11.22		[BIG BEAT]	4 x 8			↗		
	11.35		[DEEP BEAT]	4 x 8	Seated Climb	1:1			
11.50	Repr	(pump it up)	4 x 8	Standing Climb	1:1	↗			
Climb 2	12.05	br	[fades]	4 x 8	Standing Recovery	SLOW	↘		
	12.19	V	[melody + beat]	4 x 8	Seated Climb	3:4			
	12.33	PC	(pump it up, pump it up)	4 x 8		Acc	↗	Hard	60sec
	12.47	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗		
	13.01		[BIG BEAT]	4 x 8			↗		
	13.15		[DEEP BEAT]	4 x 8	Seated Climb	1:1			
13.30	Repr	(pump it up)	4 x 8	Standing Climb	1:1	↗			
Climb 3	13.44	br	[fades]	4 x 8	Standing Recovery	Slow	↘		
	13.28	V	[synth + beat]	4 x 8	Seated Climb	Slow	↘		
	14.13		[buzzy synth = beat]	4 x 8		3:4			
	14.27	PC	(pump it up, pump it up)	4 x 8		Acc	↗	Hard	90sec
	14.41	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗		
	14.55		[BIG BEAT]	4 x 8			↗		
	15.09		[HIGH BEAT]	4 x 8	Seated Climb	1:1			
	15.23		[HIGH BEAT]	4 x 8	Seated Climb	1:1			
	15.38	Outro	[DEEP BEAT]	4 x 8	Standing Climb	1:1	↗		
15.52		[low beat]	4 x 8		Acc				

Notes:



Nothing For Free (Kove Remix)

Pendulum, Kove



4. Attack Intervals 1:1 = 87rpm

6.01min

Training Notes: I want riders to explore their higher, harder intensities, using a simple 3x layer approach. Keep it simple, start hard, finish HARDER! Options to HOLD load between rounds.

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	16.22	Intro	[soft melody]	4 x 8	Seated Recovery	1:4	○		
	16.44	V	we got the symptoms	4 x 8	Seated Easy	1:2			
Attack 1	17.06	PC	[soft melody]	4 x 8		SLOW			
	17.28	Ch	[BIG BEAT]	4 x 8	8 Reps Up/Down x2	1:1	↗	Hard	65sec
	17.50		hold the line, don't forget	4 x 8	4 Reps Up/Down x4	1:1	↗		
18.12	Repr	[BIG MELODIC BEAT]	4 x 8	16 Reps Up/Down x1	1:1	↗			
	18.34	br	[fades]	4 x 8	Seated Recovery	SLOW	↘		
Attack 2	18.57	PC	[soft melody]	4 x 8	Seated Easy	1:2			
	19.18	Ch	[BIG BEAT]	4 x 8	8 Reps Up/Down x2	1:1	↗	Hard	65sec
	19.40		hold the line, don't forget	4 x 8	4 Reps Up/Down x4	1:1	↗		
20.02	Repr	[BIG MELODIC BEAT]	4 x 8	16 Reps Up/Down x1	1:1	↗			
	20.24	br	[fades]	4 x 8	Seated Recovery	SLOW	↘		
Attack 3	20.46	PC	[soft melody]	4 x 8	Seated Easy	1:2			
	21.08	Ch	[BIG BEAT]	4 x 8	8 Reps Up/Down x2	1:1	↗	V Hard	65sec
	21.31		hold the line, don't forget	4 x 8	4 Reps Up/Down x4	1:1	↗		
21.53	Outro	we've got the symptoms	4 x 8	16 Reps Up/Down x1	1:1	↗			

Notes:



Turn On The Lights again.. (feat Future)

Fred again..., Swedish House Mafia, Future



5. Race Endurance 1:1 = 132rpm

6.51min

Training Notes: I want riders to challenge thier Endurance System across the of the moodiest rounds of race work. Listen for the 'pick up' halfway through each round to find an extra challenge. Option to HOLD LOAD between rounds.

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	22.25	Intro	[soft beat]	4 x 8	Seated Recovery	1:4	○		
Race 1	22.40	V	(tell her I've been looking)	8 x 8	Easy	1:2			
	23.09	PC	[low bassline]	8 x 8		SLOW	↗		
	23.38	Ch	[BIG BEAT]	8 x 8	Racing	1:1	↗	Mod	60sec
	24.07		[BIG BEAT]	8 x 8		1:1	↗		
Race 2	24.36	br	[fades]	4 x 8	Recovery	SLOW			
	24.51		[soft beat]	4 x 8	Easy	SLOW	↘		
	25.05	V	(tell her I've been looking)	8 x 8		1:2			
	25.34	PC	[low bassline]	8 x 8		SLOW	↗		
	26.03	Ch	[BIG BEAT]	8 x 8	Racing	1:1	↗	Hard	60sec
	26.33		[BIG BEAT]	8 x 8		1:1	↗		
Race 3	27.01	br	[fades]	4 x 8	Recovery	SLOW			
	27.16		(tell her I've been looking)	4 x 8		SLOW	↘		
	27.31	PC	[building synth]	16 x 8	Easy	1:2	↗		
	28.29	Ch	[DARK BEAT]	12 x 8	Racing	Acc	↗	V Hard	75sec

Notes:



Lazerbeam

Ray Volpe, Blanke, AEON:MODE, Blanke



6. Power Intervals 1:1 = 86rpm

6.33min

Training Notes: *I want riders to find their POWER with these huge sounds. Find your opportunity for LOAD with the music, then EXPLODE to do the work. Option to HOLD load between rounds.*

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
	29.20	Intro	[clap + bassline]	4 x 8	Seated Recovery	1:4	○		
Power 1	29.43	V	bring out the laser	8 x 8	Easy	1:2			
	30.05	br	[stagger beat]	1/2 x 8		3:4	↗		
	30.08	Ch	[BIG BEAT]	8 x 8	16 Reps Up/Down	1:1	↗		
	30.30	Ref	(bring out the lasers)	2 x 8	Easy	SLOW		Hard	60sec
	30.41	br	[stagger beat]	1/2 x 8		1:2	↗		
	30.44	Ch	[BUZZY BEAT]	3 1/2 x 8	16 Reps Up/12 Down	1:1			
Power 2	31.04	br	[fades]	8 x 8	Recovery	SLOW	↘		
	31.37	V	bring out the lazars	2 x 8	Easy	1:2	↗		
	31.48	PC	[building synth]	2 x 8		3:4			
	31.59		[stagger beat]	1/2 x 8		3:4	↗		
	32.02	Ch	[BIG BEAT]	4 x 8	16 Reps Up/Down	1:1	↗		
	32.24	br	(bring out the lasers)	2 x 8	Easy	SLOW		Hard	60sec
	32.36		[stagger beat]	1/2 x 8		1:2	↗		
	32.39	Ch	[BUZZY BEAT]	3 1/2 x 8	16 Reps Up/12 Down	1:1			
Power 3	32.58	br	[fades]	8 x 8	Recovery	SLOW	↘		
	33.31	V	bring out the lazars	2 x 8	Easy	1:2	↗		
	33.43	PC	[building synth]	2 x 8		1:2			
	33.54		[stagger beat]	1/2 x 8		3:4	↗		
	33.57	Ch	[BIG BEAT]	4 x 8	16 Reps Up/Down	1:1	↗		
	34.19	br	(bring out the lasers)	2 x 8		SLOW		Hard	60sec
	34.30		[stagger beat]	1/2 x 8		1:2	↗		
	34.30	Ch	[BUZZY BEAT]	3 1/2 x 8	16 Reps Up/12 Down	1:1			
Power 4	34.52	br	[fades]	4 x 8	Recovery	SLOW			
	35.15	PC	bring out the lazars	2 x 8	Easy	3:4			
	35.26	Ch	[BIG BEAT]	8 x 8	16 Reps Up/Down	1:1	↗	V Hard	20sec

Notes:



Cafe Del Mar

Dimitri Vegas & Like Mike, Vini Vici, MATTN



7. Peak 1:1 = 63rpm

6.56min

Training Notes: I want riders to follow the layers in the music to find their daily training Peak. Use all the drama in the music, watch out for Peak 3 with the shorter 'launch' time. Let's Gooooooo!

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration			
Set-Up	36.00	Intro	[low beat]	4 x 8	Seated Recovery	1:4	○					
	36.14		[rising synth + drum roll]	4 x 8	Seated Climb	3:4						
	36.28		[fades]	1 x 8		SLOW						
Peak 1	36.32	V	[soft melodic synth]	4 x 8	Seated Climb	1:2	↗					
	36.46		[strings]	4 x 8		3:4						
	37.00		[clap]	4 x 8		1:1						
	37.14	PC	[rising synth + drum roll]	4 x 8		Acc						
	37.28		[fades]	2 x 8		SLOW						
	37.35	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1				↗	V Hard	45sec
	37.49		[BIG BEAT]	4 x 8		1:1						
38.03		[BIG BEAT]	4 x 8		1:1							
Peak 2	38.17	br	[fades]	4 x 8	Recovery	SLOW	↘					
	38.31		[soft melodic synth]	4 x 8	Seated Climb	1:2						
	38.46		[strings]	4 x 8		3:4						
	39.00		[clap]	4 x 8		1:1						
	39.14	PC	[rising synth + drum roll]	4 x 8		Acc						
	39.28		[fades]	2 x 8		SLOW						
	39.35	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1				↗	V Hard	45sec
	39.49		[BIG BEAT]	4 x 8		1:1						
40.03		[BIG BEAT]	4 x 8		1:1							
Peak 3	40.17	br	[fades]	4 x 8	Recovery	SLOW	↘					
	40.31		[soft melodic synth]	4 x 8	Seated Climb	1:2						
	40.46		[strings]	4 x 8		3:4						
	41.00		[clap]	4 x 8		1:1						
	41.14	PC	[rising synth + drum roll]	4 x 8		Acc						
	41.26		[fades]	1/2 x 8		SLOW						
	41.28	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1				↗	All Out	60sec
	41.42		[BIG BEAT]	4 x 8		1:1						
	41.56		[DEEP BEAT]	4 x 8		1:1						
	42.10	Outro	[rising beat]	4 x 8	Standing Climb	Acc						

Notes:



Homemade Dynamite

Lorde



8. Ride Home & Stretch 1:1 = 121rpm

3.07min

Training Notes:

I want riders to bring it all back down after such a huge high!

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Ride Home	42.47	V	a couple red bull pilots	4 x 8	Seated Recovery	1:4	○		
	43.04	PC	let's let things come out	4 x 8		1:2			
	43.23	Ch	[BIG BEAT]	6 x 8	Easy	3:4			
	43.49	V	might get your friend	4 x 8		1:2			
	44.07	PC	let's let things come out	2 x 8		3:4			
Stretch	44.14	Ch	[BIG BEAT]	4 x 8	Twist L	STOP			
	44.35		[BIG BEAT]	4 x 8	Twist R	STOP			
	44.50	br	[fades]	1/2 x 8	Transition to Floor				
	44.55	Ch Rpt	[BIG BEAT]	4 x 8	Standing Quad L				
	45.12		[BIG BEAT]	4 x 8	Standing Quad R				
	45.30	Outro	[fades]	4 x 8	Postural Opener				

Notes:



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STAGE 2

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RIDE

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Track	Description	Title	Artist
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2	Mixed Pace	Overdrive	<i>Ofenbach, Norma Jean Martine</i>
3	Climbing	Swamp Thing	<i>Pegboard Nerds</i>
4	Attacks	Nothing For Free (Kove Remix)	<i>Pendulum, Kove</i>
5	Race Endurance	Turn On The Lights again.. (feat Futur	<i>Fred again.., Swedish House Mafia, Future</i>
6	Power	Lazerbeam	<i>Ray Volpe, Blanke, ÆON:MODE, Blanke</i>
7	Peak	Cafe Del Mar	<i>Dimitri Vegas & Like Mike, Vini Vici, MATTN</i>
8	Ride Home & Stretch	Homemade Dynamite	<i>Lorde</i>

Glossary



Base Working Pressure



Add load / harder



Decrease load / easier

SLOW Allow the legs to slow naturally

1:4 1/4 rpm against music

1:2 1/2 rpm against music

3:4 3/4 rpm against music

1:1 1 Revolution per count

Acc Accelerating in front of the beat

Cad Prescribed cadence/rpm

<55% Active Recovery

56-75% Endurance

76-90% Tempo

91-105% Threshold

105+ Vo2Max, A.C & NMP

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Automatic Yes

Zedd, John Mayer



1. Warm-Up 1:1 = rpm

4.24min

Training Notes: I want riders to find their 'cool' as they Warm Up. Use the smoothness of the sounds to find a great road pressure, then simply follow the groove.

Training	Time	Section	Music		Position	Cadence	Load	Effort	Duration
			Reference	Cts					
Set-Up	0.01	Intro	[low beat]	2 x 8	Seated Recovery	1:4			
W-Up 1	0.11	V	I know we already tried	4 x 8	Easy	3:4	○		
	0.31	PC	I don't wanna break	3 x 8		3:4	↗		
W-Up 2	0.49	Ch	yes, yes, yes I wanna	4 x 8	Racing	1:1	↗	Zone 1	20sec
	1.09	V	don't lie, you're scared	4 x 8		3:4			
W-Up 3	1.28	PC	I don't wanna break	3 x 8		3:4	↗		
	1.47	Ch	yes, yes, yes I wanna	4 x 8	Racing	1:1	↗	Zone 1	20sec
W-Up 4	2.07	V	don't lie, you're scared	4 x 8	Easy	3:4			
	2.26	PC	I don't wanna break	3 x 8		3:4	↗		
	2.45	Ch	yes, yes, yes I wanna	4 x 8	Racing	1:1	↗	Zone 2	40sec
W-Up 4	3.04	Reprise	you don't have to ask	4 x 8		1:1			
	3.24	br	(you don't have to ask)	4 x 8	Easy	SLOW			
	3.44	Inst	[guitar]	4 x 8	Racing	1:1	↗	Zone 2	40sec
	4.03	Outro	[guitar]	4 x 8		1:1			

Notes:



Overdrive

Ofenbach, Norma Jean Martine



2. Mixed Pace 1:1 = 120rpm

5.42min

Training Notes: I want riders to find their 'fast' button inside each race, building layers of resistance and intensity before heading into the hills. Stay calm under pressure, stay smooth under load.

Training	Music				Position	Cad	Load	Effort	Duration
	Time	Section	Reference	Cts					
Set-Up	4.28	Intro	[beat]	4 x 8	Seated Recovery	1:4	○		
	4.44		[soft melody]	5 x 8	Easy	3:4			
Race 1	5.02	V	i wanna feel the heat	4 x 8	Racing	SLOW	↗	Mod	45sec
	5.18	PC	i wanna feel the heat	4 x 8		3:4			
	5.33	Ch	[BIG BEAT]	4 x 8		1:1			
	5.48	V	it doesn't matter where	4 x 8		1:1			
Race 2	6.03		there's a dancefloor	4 x 8	Easy	SLOW	↗	Mod	45sec
	6.18	PC	i wanna feel the heat	4 x 8		1:1			
	6.33	Ch	[BIG BEAT]	4 x 8		1:1			
	6.48	V	it doesn't matter where	4 x 8		1:1			
Race 3	7.03		there's a dancefloor	4 x 8	Racing	SLOW	↗	Hard	45sec
	7.19	PC	i wanna feel the heat	4 x 8		1:1			
	7.34	Ch	[BIG BEAT]	4 x 8		1:1			
	7.49	V	it doesn't matter where	4 x 8		1:1			
Race 4	8.04		there's a dancefloor	4 x 8	Easy	SLOW	↗	Hard	15sec
	8.19	PC	i wanna feel the heat	4 x 8		1:1			
Climb 1	8.34	Ch	[BIG BEAT]	4 x 8	Racing	1:1	↗	Mod	60sec
	8.49	br	(i wanna feel the heat)	4 1/2 x 8	Transition to Climb	SLOW			
	9.08	Ch	[BIG BEAT]	3 x 8	Standing Climb	1:2			
	9.20	Rpt	[BIG BEAT]	4 x 8	Standing Climb	1:2			
	9.35	Inst	[melodic beat]	4 x 8	Seated Climb	1:2			
	9.50	Outro	[beat]	4 x 8	Standing Climb	Acc			

Notes:



Swamp Thing

Pegboard Nerds

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3. Climbing 1:1 = 67rpm

6.02min

Training Notes: *I want riders to find their strength in the hills with this ultra-catchy beat. Explore the 'extras' where you can give a little bit more, then hold on to get strong!*

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	10.25	Intro	[melody]	4 x 8	Seated Recovery	1:4	○		
Climb 1	10.40		[melody + beat]	4 x 8	Seated Climb	3:4			
	10.53	PC	(pump it up, pump it up)	4 x 8		Acc	↗	Hard	60sec
	11.07	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗		
	11.22		[BIG BEAT]	4 x 8			↗		
	11.35		[DEEP BEAT]	4 x 8	Seated Climb	1:1			
11.50	Repr	(pump it up)	4 x 8	Standing Climb	1:1	↗			
Climb 2	12.05	br	[fades]	4 x 8	Standing Recovery	SLOW			
	12.19	V	[melody + beat]	4 x 8	Seated Climb	3:4			
	12.33	PC	(pump it up, pump it up)	4 x 8		Acc	↗	Hard	60sec
	12.47	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗		
	13.01		[BIG BEAT]	4 x 8			↗		
	13.15		[DEEP BEAT]	4 x 8	Seated Climb	1:1			
13.30	Repr	(pump it up)	4 x 8	Standing Climb	1:1	↗			
Climb 3	13.44	br	[fades]	4 x 8	Standing Recovery	Slow	↗		
	13.28	V	[melody + beat]	4 x 8	Seated Climb	Slow	Hold		
	14.13		[buzzy synth = beat]	4 x 8		3:4			
	14.27	PC	(pump it up, pump it up)	4 x 8		Acc	↗	Hard	90sec
	14.41	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗		
	14.55		[BIG BEAT]	4 x 8			↗		
	15.09		[HIGH BEAT]	4 x 8	Seated Climb	1:1			
	15.23		[HIGH BEAT]	4 x 8	Seated Climb	1:1			
	15.38	Outro	[DEEP BEAT]	4 x 8	Standing Climb	1:1	↗		
15.52		[low beat]	4 x 8		Acc				

Notes:



Nothing For Free (Kove Remix)

Pendulum, Kove



4. Attack Intervals 1:1 = 87rpm

6.01min

Training Notes: I want riders to explore their higher, harder intensities, using a simple 3x layer approach. Keep it simple, start hard, finish HARDER! Options to HOLD load between rounds.

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	16.22	Intro	[soft melody]	4 x 8	Seated Recovery	1:4	○		
	16.44	V	we got the symptoms	4 x 8	Seated Easy	1:2			
Attack 1	17.06	PC	[soft melody]	4 x 8		SLOW			
	17.28	Ch	[BIG BEAT]	4 x 8	8 Reps Up/Down x2	1:1	↗	Hard	65sec
	17.50		hold the line, don't forget	4 x 8	4 Reps Up/Down x4	1:1	↗		
18.12	Repr	[BIG MELODIC BEAT]	4 x 8	24 Reps Up/8 Down x1	1:1	↗			
	18.34	br	[fades]	4 x 8	Seated Recovery	SLOW	↘		
Attack 2	18.57	PC	[soft melody]	4 x 8	Seated Easy	1:2			
	19.18	Ch	[BIG BEAT]	4 x 8	8 Reps Up/Down x2	1:1	↗	V Hard	65sec
	19.40		hold the line, don't forget	4 x 8	4 Reps Up/Down x4	1:1	↗		
20.02	Repr	[BIG MELODIC BEAT]	4 x 8	24 Reps Up/8 Down x1	1:1	↗			
	20.24	br	[fades]	4 x 8	Seated Recovery	SLOW	Hold		
Attack 3	20.46	PC	[soft melody]	4 x 8	Seated Easy	1:2			
	21.08	Ch	[BIG BEAT]	4 x 8	8 Reps Up/Down x2	1:1	↗	V V Hard	65sec
	21.31		hold the line, don't forget	4 x 8	4 Reps Up/Down x4	1:1	↗		
21.53	Outro	we've got the symptoms	4 x 8	24 Reps Up/8 Down x1	1:1	↗			

Notes:



Turn On The Lights again.. (feat Future)

Fred again..., Swedish House Mafia, Future



5. Race Endurance 1:1 = 132rpm

6.51min

Training Notes: I want riders to challenge thier Endurance System across the of the moodiest rounds of race work. Listen for the 'pick up' halfway through each round to find an extra challenge. Option to HOLD LOAD between rounds.

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	22.25	Intro	[soft beat]	4 x 8	Seated Recovery	1:4	○		
Race 1	22.40	V	(tell her I've been looking)	8 x 8	Easy	1:2			
	23.09	PC	[low bassline]	8 x 8		SLOW	↗		
	23.38	Ch	[BIG BEAT]	8 x 8	Racing	1:1	↗	Mod	60sec
	24.07		[BIG BEAT]	8 x 8		1:1	↗		
Race 2	24.36	br	[fades]	4 x 8	Recovery	SLOW			
	24.51		[soft beat]	4 x 8	Easy	SLOW	↘		
	25.05	V	(tell her I've been looking)	8 x 8		1:2			
	25.34	PC	[low bassline]	8 x 8		SLOW	↗		
	26.03	Ch	[BIG BEAT]	8 x 8	Racing	1:1	↗	Hard	60sec
	26.33		[BIG BEAT]	8 x 8		1:1	↗		
Race 3	27.01	br	[fades]	4 x 8	Recovery	SLOW			
	27.16		(tell her I've been looking)	4 x 8		SLOW	HOLD		
	27.31	PC	[building synth]	16 x 8	Easy	1:2	↗		
	28.29	Ch	[DARK BEAT]	12 x 8	Racing	Acc	↗	V Hard	75sec

Notes:



Lazerbeam

Ray Volpe, Blanke, AEON:MODE, Blanke



6. Power Intervals 1:1 = 86rpm

6.33min

Training Notes: I want riders to find their POWER with these huge sounds. Find your opportunity for LOAD with the music, then EXPLODE to do the work. Option to HOLD load between rounds.

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
	29.20	Intro	[clap + bassline]	4 x 8	Seated Recovery	1:4	○		
Power 1	29.43	V	bring out the laser	8 x 8	Easy	1:2			
	30.05	br	[stagger beat]	1/2 x 8		3:4	↗		
	30.08	Ch	[BIG BEAT]	8 x 8	16 Reps Up/Down	1:1	↗		
	30.30	Ref	(bring out the lasers)	2 x 8	Easy	SLOW		Hard	60sec
	30.41	br	[stagger beat]	1/2 x 8		1:2	↗		
	30.44	Ch	[BUZZY BEAT]	3 1/2 x 8	16 Reps Up/12 Down	1:1			
Power 2	31.04	br	[fades]	8 x 8	Recovery	SLOW	↘		
	31.37	V	bring out the lazars	2 x 8	Easy	1:2	↗		
	31.48	PC	[building synth]	2 x 8		3:4			
	31.59		[stagger beat]	1/2 x 8		3:4	↗		
	32.02	Ch	[BIG BEAT]	4 x 8	16 Reps Up/Down	1:1	↗		
	32.24	br	(bring out the lasers)	2 x 8	Easy	SLOW		Hard	60sec
32.36		[stagger beat]	1/2 x 8		1:2	↗			
	32.39	Ch	[BUZZY BEAT]	3 1/2 x 8	16 Reps Up/12 Down	1:1			
Power 3	32.58	br	[fades]	8 x 8	Recovery	SLOW	Hold		
	33.31	V	bring out the lazars	2 x 8	Easy	1:2	↗		
	33.43	PC	[building synth]	2 x 8		1:2			
	33.54		[stagger beat]	1/2 x 8		3:4	↗		
	33.57	Ch	[BIG BEAT]	4 x 8	16 Reps Up/Down	1:1	↗		
	34.19	br	(bring out the lasers)	2 x 8		SLOW		Hard	60sec
34.30		[stagger beat]	1/2 x 8		1:2	↗			
	34.30	Ch	[BUZZY BEAT]	3 1/2 x 8	16 Reps Up/12 Down	1:1			
Power 4	34.52	br	[fades]	4 x 8	Recovery	SLOW	Hold		
	35.15	PC	bring out the lazars	2 x 8	Easy	3:4			
	35.26	Ch	[BIG BEAT]	8 x 8	16 Reps Up/Down	1:1	↗	V Hard	20sec

Notes:



Cafe Del Mar

Dimitri Vegas & Like Mike, Vini Vici, MATTN



7. Peak 1:1 = 63rpm

6.56min

Training Notes: *I want riders to follow the layers in the music to find their daily training Peak. Use all the drama in the music, watch out for Peak 3 with the shorter 'launch' time. Let's Gooooooo!*

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration			
Set-Up	36.00	Intro	[low beat]	4 x 8	Seated Recovery	1:4	○					
	36.14		[rising synth + drum roll]	4 x 8	Seated Climb	3:4						
	36.28		[fades]	1 x 8		SLOW						
Peak 1	36.32	V	[soft melodic synth]	4 x 8	Seated Climb	1:2	↗ ↗					
	36.46		[strings]	4 x 8		3:4						
	37.00		[clap]	4 x 8		1:1						
	37.14	PC	[rising synth + drum roll]	4 x 8		Acc						
	37.28		[fades]	2 x 8		SLOW						
	37.35	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1				↗ ↗ ↗	V Hard	45sec
	37.49		[BIG BEAT]	4 x 8		1:1						
38.03		[BIG BEAT]	4 x 8		1:1							
Peak 2	38.17	br	[fades]	4 x 8	Recovery	SLOW	↗ ↗ ↗ ↗ ↗ ↗ ↗ ↗					
	38.31		[soft melodic synth]	4 x 8	Seated Climb	1:2						
	38.46		[strings]	4 x 8		3:4						
	39.00		[clap]	4 x 8		1:1						
	39.14	PC	[rising synth + drum roll]	4 x 8		Acc						
	39.28		[fades]	2 x 8		SLOW						
	39.35	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1				↗ ↗ ↗	V V Hard	45sec
	39.49		[BIG BEAT]	4 x 8		1:1						
40.03		[BIG BEAT]	4 x 8		1:1							
Peak 3	40.17	br	[fades]	4 x 8	Recovery	SLOW	↗ ↗ ↗ ↗ ↗ ↗ ↗ ↗ ↗ ↗					
	40.31		[soft melodic synth]	4 x 8	Seated Climb	1:2						
	40.46		[strings]	4 x 8		3:4						
	41.00		[clap]	4 x 8		1:1						
	41.14	PC	[rising synth + drum roll]	4 x 8		Acc						
	41.26		[fades]	1/2 x 8		SLOW						
	41.28	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1				↗ ↗ ↗	All Out	60sec
	41.42		[BIG BEAT]	4 x 8		1:1						
	41.56		[DEEP BEAT]	4 x 8		1:1						
	42.10	Outro	[rising beat]	4 x 8	Standing Climb	Acc						

Notes:



Homemade Dynamite

Lorde



8. Ride Home & Stretch 1:1 = 121rpm

3.07min

Training Notes:

I want riders to bring it all back down after such a huge high!

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Ride Home	42.47	V	a couple red bull pilots	4 x 8	Seated Recovery	1:4	○		
	43.04	PC	let's let things come out	4 x 8		1:2			
	43.23	Ch	[BIG BEAT]	6 x 8	Easy	3:4			
	43.49	V	might get your friend	4 x 8		1:2			
	44.07	PC	let's let things come out	2 x 8		3:4			
Stretch	44.14	Ch	[BIG BEAT]	4 x 8	Twist L	STOP			
	44.35		[BIG BEAT]	4 x 8	Twist R	STOP			
	44.50	br	[fades]	1/2 x 8	Transition to Floor				
	44.55	Ch Rpt	[BIG BEAT]	4 x 8	Standing Quad L				
	45.12		[BIG BEAT]	4 x 8	Standing Quad R				
	45.30	Outro	[fades]	4 x 8	Postural Opener				

Notes:



INSTRUCTOR TOOLKIT

SUMMER '25



RIDE™

RELEASE 33

'NOTHING FOR FREE'

STAGE 3

A STATE OF RIDE

RIDE

RELEASE 33

Track	Description	Title	Artist
1	Warm-Up	Automatic Yes	<i>Zedd, John Mayer</i>
2	Mixed Pace	Overdrive	<i>Ofenbach, Norma Jean Martine</i>
3	Climbing	Swamp Thing	<i>Pegboard Nerds</i>
4	Attacks	Nothing For Free (Kove Remix)	<i>Pendulum, Kove</i>
5	Race Endurance	Turn On The Lights again.. (feat Futur	<i>Fred again., Swedish House Mafia, Future</i>
6	Power	Lazerbeam	<i>Ray Volpe, Blanke, ÆON:MODE, Blanke</i>
7	Peak	Cafe Del Mar	<i>Dimitri Vegas & Like Mike, Vini Vici, MATTN</i>
8	Ride Home & Stretch	Homemade Dynamite	<i>Lorde</i>

Glossary



Base Working Pressure



Add load / harder



Decrease load / easier

SLOW Allow the legs to slow naturally

1:4 1/4 rpm against music

1:2 1/2 rpm against music

3:4 3/4 rpm against music

1:1 1 Revolution per count

Acc Accelerating in front of the beat

Cad Prescribed cadence/rpm

<55% Active Recovery

56-75% Endurance

76-90% Tempo

91-105% Threshold

105+ Vo2Max, A.C & NMP

Program Director Matty Clarke

LIVE Producer Jason Warring

This Booklet is for the EXCLUSIVE use of certified RIDE Instructors.

Automatic Yes

Zedd, John Mayer



1. Warm-Up 1:1 = rpm

4.24min

Training Notes: I want riders to find their 'cool' as they Warm Up. Use the smoothness of the sounds to find a great road pressure, then simply follow the groove.

Training	Time	Section	Music		Position	Cadence	Load	Effort	Duration
			Reference	Cts					
Set-Up	0.01	Intro	[low beat]	2 x 8	Seated Recovery	1:4			
W-Up 1	0.11	V	I know we already tried	4 x 8	Easy	3:4	○		
	0.31	PC	I don't wanna break	3 x 8		3:4	↗		
W-Up 2	0.49	Ch	yes, yes, yes I wanna	4 x 8	Racing	1:1	↗	Zone 1	20sec
	1.09	V	don't lie, you're scared	4 x 8		3:4			
W-Up 3	1.28	PC	I don't wanna break	3 x 8		3:4	↗		
	1.47	Ch	yes, yes, yes I wanna	4 x 8	Racing	1:1	↗	Zone 1	20sec
W-Up 4	2.07	V	don't lie, you're scared	4 x 8	Easy	3:4			
	2.26	PC	I don't wanna break	3 x 8		3:4	↗		
	2.45	Ch	yes, yes, yes I wanna	4 x 8	Racing	1:1	↗	Zone 2	40sec
W-Up 4	3.04	Reprise	you don't have to ask	4 x 8		1:1			
	3.24	br	(you don't have to ask)	4 x 8	Easy	SLOW			
	3.44	Inst	[guitar]	4 x 8	Racing	1:1	↗	Zone 2	40sec
	4.03	Outro	[guitar]	4 x 8		1:1			

Notes:



Overdrive

Ofenbach, Norma Jean Martine



2. Mixed Pace 1:1 = 120rpm

5.42min

Training Notes: *I want riders to find their 'fast' button inside each race, building layers of resistance and intensity before heading into the hills. Stay calm under pressure, stay smooth under load.*

Training	Music				Position	Cad	Load	Effort	Duration
	Time	Section	Reference	Cts					
Set-Up	4.28	Intro	[beat]	4 x 8	Seated Recovery	1:4	○		
	4.44		[soft melody]	5 x 8	Easy	3:4			
Race 1	5.02	V	i wanna feel the heat	4 x 8	Racing	SLOW	↗	Mod	45sec
	5.18	PC	i wanna feel the heat	4 x 8		3:4			
	5.33	Ch	[BIG BEAT]	4 x 8		1:1			
	5.48	V	it doesn't matter where	4 x 8		1:1			
Race 2	6.03		there's a dancefloor	4 x 8	Easy	SLOW	↗	Mod	45sec
	6.18	PC	i wanna feel the heat	4 x 8		1:1			
	6.33	Ch	[BIG BEAT]	4 x 8		1:1			
	6.48	V	it doesn't matter where	4 x 8		1:1			
Race 3	7.03		there's a dancefloor	4 x 8	Racing	SLOW	↗	Hard	45sec
	7.19	PC	i wanna feel the heat	4 x 8		1:1			
	7.34	Ch	[BIG BEAT]	4 x 8		1:1			
	7.49	V	it doesn't matter where	4 x 8		1:1			
Race 4	8.04		there's a dancefloor	4 x 8	Easy	SLOW	↗	Hard	15sec
	8.19	PC	i wanna feel the heat	4 x 8		1:1			
Climb 1	8.34	Ch	[BIG BEAT]	4 x 8	Racing	1:1	↗	Mod	60sec
	8.49	br	(i wanna feel the heat)	4 1/2 x 8	Transition to Climb	SLOW			
	9.08	Ch	[BIG BEAT]	3 x 8	Standing Climb	1:2			
	9.20	Rpt	[BIG BEAT]	4 x 8	Standing Climb	1:2			
	9.35	Inst	[melodic beat]	4 x 8	Seated Climb	1:2			
	9.50	Outro	[beat]	4 x 8	Standing Climb	Acc			

Notes:



Swamp Thing

Pegboard Nerds

RIDE
RELEASE 33

3. Climbing 1:1 = 67rpm

6.02min

Training Notes: *I want riders to find their strength in the hills with this ultra-catchy beat. Explore the 'extras' where you can give a little bit more, then hold on to get strong!*

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	10.25	Intro	[melody]	4 x 8	Seated Recovery	1:4	○		
Climb 1	10.40		[melody + beat]	4 x 8	Seated Climb	3:4			
	10.53	PC	(pump it up, pump it up)	4 x 8		Acc	↗	Hard	60sec
	11.07	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗		
	11.22		[BIG BEAT]	4 x 8			↗		
	11.35		[DEEP BEAT]	4 x 8	Seated Climb	1:1			
11.50	Repr	(pump it up)	4 x 8	Standing Climb	1:1	↗			
Climb 2	12.05	br	[fades]	4 x 8	Standing Recovery	SLOW			
	12.19	V	[melody + beat]	4 x 8	Seated Climb	3:4			
	12.33	PC	(pump it up, pump it up)	4 x 8		Acc	↗	Hard	60sec
	12.47	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗		
	13.01		[BIG BEAT]	4 x 8			↗		
	13.15		[DEEP BEAT]	4 x 8	Seated Climb	1:1			
13.30	Repr	(pump it up)	4 x 8	Standing Climb	1:1	↗			
Climb 3	13.44	br	[fades]	4 x 8	Standing Recovery	Slow	↗		
	13.28	V	[synth + beat]	4 x 8	Seated Climb	3:4			
	14.13		[buzzy synth = beat]	4 x 8		3:4			
	14.27	PC	(pump it up, pump it up)	4 x 8		Acc	↗	Hard	90sec
	14.41	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1	↗		
	14.55		[BIG BEAT]	4 x 8			↗		
	15.09		[HIGH BEAT]	4 x 8	Seated Climb	1:1			
	15.23		[HIGH BEAT]	4 x 8	Seated Climb	1:1	↗		
	15.38	Outro	[DEEP BEAT]	4 x 8	Standing Climb	1:1			
15.52		[low beat]	4 x 8		Acc				

Notes:



Nothing For Free (Kove Remix)

Pendulum, Kove



4. Attack Intervals 1:1 = 87rpm

6.01min

Training Notes: I want riders to explore their higher, harder intensities, using a simple 3x layer approach. Keep it simple, start hard, finish HARDER! Options to HOLD load between rounds.

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	16.22	Intro	[soft melody]	4 x 8	Seated Recovery	1:4	○		
	16.44	V	we got the symptoms	4 x 8	Seated Easy	1:2			
Attack 1	17.06	PC	[soft melody]	4 x 8		SLOW			
	17.28	Ch	[BIG BEAT]	4 x 8	8 Reps Up/Down x2	1:1	↑	Hard	65sec
	17.50		hold the line, don't forget	4 x 8	4 Reps Up/Down x4	1:1	↑		
18.12	Repr	[BIG MELODIC BEAT]	4 x 8	32 Reps Up	1:1	↑			
Attack 2	18.34	br	[fades]	4 x 8	Seated Recovery	SLOW	Hold		
	18.57	PC	[soft melody]	4 x 8	Seated Easy	1:2			
	19.18	Ch	[BIG BEAT]	4 x 8	8 Reps Up/Down x2	1:1	↑	Hard	65sec
	19.40		hold the line, don't forget	4 x 8	4 Reps Up/Down x4	1:1	↑		
20.02	Repr	[BIG MELODIC BEAT]	4 x 8	32 Reps Up	1:1	↑			
Attack 3	20.24	br	[fades]	4 x 8	Seated Recovery	SLOW	Hold		
	20.46	PC	[soft melody]	4 x 8	Seated Easy	1:2			
	21.08	Ch	[BIG BEAT]	4 x 8	8 Reps Up/Down x2	1:1	↑	V Hard	65sec
	21.31		hold the line, don't forget	4 x 8	4 Reps Up/Down x4	1:1	↑		
	21.53	Outro	we've got the symptoms	4 x 8	32 Reps Up	1:1	↑		

Notes:



Turn On The Lights again.. (feat Future)

Fred again..., Swedish House Mafia, Future



5. Race Endurance 1:1 = 132rpm

6.51min

Training Notes: I want riders to challenge thier Endurance System across the of the moodiest rounds of race work. Listen for the 'pick up' halfway through each round to find an extra challenge. Option to HOLD LOAD between rounds.

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Set-Up	22.25	Intro	[soft beat]	4 x 8	Seated Recovery	1:4	○		
Race 1	22.40	V	(tell her I've been looking)	8 x 8	Easy	1:2			
	23.09	PC	[low bassline]	8 x 8		SLOW	↗		
	23.38	Ch	[BIG BEAT]	8 x 8	Racing	1:1	↗	Mod	60sec
24.07		[BIG BEAT]	8 x 8		1:1	↗			
Race 2	24.36	br	[fades]	4 x 8	Recovery	SLOW			
	24.51		[soft beat]	4 x 8	Easy	SLOW	HOLD		
	25.05	V	(tell her I've been looking)	8 x 8		1:2			
	25.34	PC	[low bassline]	8 x 8		SLOW	↗	Hard	60sec
	26.03	Ch	[BIG BEAT]	8 x 8	Racing	1:1	↗		
26.33		[BIG BEAT]	8 x 8		1:1	↗			
Race 3	27.01	br	[fades]	4 x 8	Recovery	SLOW			
	27.16		(tell her I've been looking)	4 x 8		SLOW	HOLD		
	27.31	PC	[building synth]	16 x 8	Easy	1:2	↗		
	28.29	Ch	[DARK BEAT]	12 x 8	Racing	Acc	↗	V Hard	75sec

Notes:



Lazerbeam

Ray Volpe, Blanke, ÆON:MODE, Blanke



6. Power Intervals 1:1 = 86rpm

6.33min

Training Notes:

I want riders to find their POWER with these huge sounds. Find your opportunity for LOAD with the music, then EXPLODE to do the work. Option to HOLD load between rounds.

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
	29.20	Intro	[clap + bassline]	4 x 8	Seated Recovery	1:4	○		
Power 1	29.43	V	bring out the laser	8 x 8	Easy	1:2			
	30.05	br	[stagger beat]	1/2 x 8		3:4	↗		
	30.08	Ch	[BIG BEAT]	8 x 8	16 Reps Up/Down	1:1	↗	Hard	60sec
	30.30	Ref	(bring out the lasers)	2 x 8	Easy	SLOW			
	30.41	br	[stagger beat]	1/2 x 8		1:2	↗		
30.44	Ch	[BUZZY BEAT]	3 1/2 x 8	16 Reps Up/12 Down	1:1				
31.04	br	[fades]	8 x 8	Recovery	SLOW	↘			
Power 2	31.37	V	bring out the lazars	2 x 8	Easy	1:2	↗		
	31.48	PC	[building synth]	2 x 8		3:4			
	31.59		[stagger beat]	1/2 x 8		3:4	↗		
	32.02	Ch	[BIG BEAT]	4 x 8	16 Reps Up/Down	1:1	↗	Hard	60sec
	32.24	br	(bring out the lasers)	2 x 8	Easy	SLOW			
32.36		[stagger beat]	1/2 x 8		1:2	↗			
32.39	Ch	[BUZZY BEAT]	3 1/2 x 8	16 Reps Up/12 Down	1:1				
32.58	br	[fades]	8 x 8	Recovery	SLOW	Hold			
Power 3	33.31	V	bring out the lazars	2 x 8	Easy	1:2	↗		
	33.43	PC	[building synth]	2 x 8		1:2			
	33.54		[stagger beat]	1/2 x 8		3:4	↗		
	33.57	Ch	[BIG BEAT]	4 x 8	16 Reps Up/Down	1:1	↗	Hard	60sec
	34.19	br	(bring out the lasers)	2 x 8		SLOW			
34.30		[stagger beat]	1/2 x 8		1:2	↗			
34.30	Ch	[BUZZY BEAT]	3 1/2 x 8	16 Reps Up/12 Down	1:1				
34.52	br	[fades]	4 x 8	Recovery	SLOW	Hold			
Power 4	35.15	PC	bring out the lazars	2 x 8	Easy	3:4			
	35.26	Ch	[BIG BEAT]	8 x 8	32 Reps Up	1:1	↗	V Hard	20sec

Notes:



Cafe Del Mar

Dimitri Vegas & Like Mike, Vini Vici, MATTN



7. Peak 1:1 = 63rpm

6.56min

Training Notes: I want riders to follow the layers in the music to find their daily training Peak. Use all the drama in the music, watch out for Peak 3 with the shorter 'launch' time. Let's Gooooooo!

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration			
Set-Up	36.00	Intro	[low beat]	4 x 8	Seated Recovery	1:4	○					
	36.14		[rising synth + drum roll]	4 x 8	Seated Climb	3:4						
	36.28		[fades]	1 x 8		SLOW						
Peak 1	36.32	V	[soft melodic synth]	4 x 8	Seated Climb	1:2	↗ ↗					
	36.46		[strings]	4 x 8		3:4						
	37.00		[clap]	4 x 8		1:1						
	37.14	PC	[rising synth + drum roll]	4 x 8		Acc						
	37.28		[fades]	2 x 8		SLOW						
	37.35	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1				↗ ↗ ↗	V Hard	45sec
	37.49		[BIG BEAT]	4 x 8		1:1						
38.03		[BIG BEAT]	4 x 8		1:1							
Peak 2	38.17	br	[fades]	4 x 8	Recovery	SLOW	↗ ↗					
	38.31		[soft melodic synth]	4 x 8	Seated Climb	1:2				Hold		
	38.46		[strings]	4 x 8		3:4						
	39.00		[clap]	4 x 8		1:1						
	39.14	PC	[rising synth + drum roll]	4 x 8		Acc						
	39.28		[fades]	2 x 8		SLOW						
	39.35	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1				↗ ↗ ↗	V V Hard	45sec
	39.49		[BIG BEAT]	4 x 8		1:1						
40.03		[BIG BEAT]	4 x 8		1:1							
Peak 3	40.17	br	[fades]	4 x 8	Recovery	SLOW	↗ ↗					
	40.31		[soft melodic synth]	4 x 8	Seated Climb	1:2				Hold		
	40.46		[strings]	4 x 8		3:4						
	41.00		[clap]	4 x 8		1:1						
	41.14	PC	[rising synth + drum roll]	4 x 8		Acc						
	41.26		[fades]	1/2 x 8		SLOW						
	41.28	Ch	[BIG BEAT]	4 x 8	Standing Climb	1:1				↗ ↗ ↗	All Out	60sec
	41.42		[BIG BEAT]	4 x 8		1:1						
	41.56		[DEEP BEAT]	4 x 8		1:1						
	42.10	Outro	[rising beat]	4 x 8	Standing Climb	Acc						

Notes:



Homemade Dynamite

Lorde



8. Ride Home & Stretch 1:1 = 121rpm

3.07min

Training Notes:

I want riders to bring it all back down after such a huge high!

Training	Time	Section	Music Reference	Cts	Position	Cad	Load	Effort	Duration
Ride Home	42.47	V	a couple red bull pilots	4 x 8	Seated Recovery	1:4	○		
	43.04	PC	let's let things come out	4 x 8		1:2			
	43.23	Ch	[BIG BEAT]	6 x 8	Easy	3:4			
	43.49	V	might get your friend	4 x 8		1:2			
	44.07	PC	let's let things come out	2 x 8		3:4			
Stretch	44.14	Ch	[BIG BEAT]	4 x 8	Twist L	STOP			
	44.35		[BIG BEAT]	4 x 8	Twist R	STOP			
	44.50	br	[fades]	1/2 x 8	Transition to Floor				
	44.55	Ch Rpt	[BIG BEAT]	4 x 8	Standing Quad L				
	45.12		[BIG BEAT]	4 x 8	Standing Quad R				
	45.30	Outro	[fades]	4 x 8	Postural Opener				

Notes:

