

ASOIR

A STATE OF RIDE
RELEASE 10

OFFICIAL INSTRUCTOR CHOREOGRAPHY

ASOR 10

A STATE OF RIDE

1	Warm-Up	The Man	The Killers	4.57min
2	Mixed Pace	Fire In Me (Martin Jensen Remix)	John Newman	5.53min
3	Climbing	Infinity 2018 (Klaas Remix)	Guru Josh Project	6.48min
4	Attacks	Takeover	Zardonic ft The Qemists	6.25min
5	Race Endurance	I Won't Fall (Progressive Mix)	Aurosonic ft Stine Grove	8.18min
6	Power	Bring Me To Life	The Acturians	7.20min
7	Peak	Face To Face (Junkx Remix)	ATB ft Stanfour	8.42min
8	Ride Home	Need Your Love (Nurko Remix)	Gryffin ft Seven Lions	4.10min

Credits

Creator Matty Clarke

Program Director Matty Clarke

Remixing Matty Clarke

Choreography Matty Clarke

Livestream Producer Jason Warring

Filmed at The ASOR Bunker, Sydney. Australia

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

Learn more at www.astateofride.com

1. Warm-Up 1/1 = 106rpm

The Man
The Killers

4.57min



Track Focus: I want riders to use the 4 rounds to bring themselves into the workout using small adjustments along the way.

The Engineer				The Athlete					The Coach	
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Tips, Adjustments or Options	
0.12	Intro	[low melody]	4 x 8	Set-Up	Seated Recovery	1/4				
0.30	Verse	_I know the score	4 x 8	Warm-Up 1	Seated Easy	1/2+	○	Easy	Base pressure. Enough to feel secure.	
0.48		_don't need no	4 x 8			1/2+				
1.06	Pre-Chorus	I'm the man	4 x 8			3/4	↑	Easy	Bring a little tension into the muscles.	
1.24	Chorus	_I got gas in	4 x 8			PP	↗	Easy	Introduce personal pace.	
1.42	Verse	well here comes	4 x 8	Warm-Up 2	Seated Easy	1/2+			Slow a little. Rest for your second round.	
2.00	Pre-Chorus	I'm the man	4 x 8			3/4	↗	Easy/Mod	Focus on the push.	
2.09	Chorus	_I got gas	4 x 8			PP	↗	Easy/Mod	Silky smooth.	
2.27	Verse	_I know the score	4 x 8	Warm-Up 3	Seated Easy	1/2+			Keep a balanced pressure.	
2.46	Pre-Chorus	I'm the man	4 x 8			3/4	↗	Easy/Mod		
2.55	Chorus	_I got gas in	4 x 8			PP	↗	Easy/Mod	Move a little closer to the tempo.	
3.13	Reprise	whos the man	4 x 8			PP	↗	Mod	Feel a shift in your breathing.	
3.31	Bridge	[guitar inst]	4 x 8	Warm-Up 4	Seated Easy	1/2+		Easy	One last technique check.	
3.49	Chorus	_I got gas in	4 x 8			PP		Easy/Mod	Final warm-up phase.	
4.07	Bridge	_right hand of god	2 x 8			1/2+	↗	Mod	New position ahead.	
4.16	Reprise	who's the man	4 x 8			Easy Racing	PP	↗	Mod	Open the posture, more air allows more work.
4.34	Outro	[guitar]	4 x 8			Racing	PP	↗	Mod	Take it to the line.

... continued

The Man

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

2. Mixed Pace 1/1 = 122rpm

Fire In Me (Martin Jensen Remix)

John Newman

5.53min



Track Focus: I want riders to feel the build and depth of the beat to move towards a working race tempo.

The Engineer




The Athlete

The Coach

Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Tips, Adjustments or Options
5.18	Intro	with my int uition	4 x 8	Set-Up	Seated Recovery	1/4			2 Race efforts, 1 climb.
5.35	Verse	so red and raw	4 x 8		Seated Easy	1/2	○	Easy	Base level pressure.
5.51	Pre-Chorus	I was a spark	4 x 8			3/4			Focus on a smooth drag on the legs.
6.06	Quiet Chorus	_I never wanna let	4 x 8	Pace 1		1/2+	↗	Easy/Mod	As pressure builds, the legs slow.
6.22	Chorus	[big melody]	4 x 8		Racing	3/4		Easy/Mod	Easy start, be patient.
6.38		[big melody]	4 x 8			3/4+	↗	Mod	Edging closer to race pace/.
6.53	Reprise	(never wanna...)	4 x 8			PP		Mod	Personal Pace. Move up to the beat.
7.09	Bridge	[fades]	1 x 8		Easy Racing	1/2	↓		Round 1 done, slow the legs.
7.13	Verse	although my body	4 x 8		Seated Easy	1/2+			
7.29	Pre-Chorus	I was a spark	4 x 8	Pace 2		3/4	↗	Easy	Don't rush. Load that grabs the muscles.
7.45	Quiet Chorus	_I never wanna let	4 x 8			1/2+	↗	Easy/Mod	Round 2, ready to go.
8.01	Chorus	[big melody]	4 x 8		Racing	3/4		Mod	Grab a little more pace.
8.16		[big melody]	4 x 8			3/4+	↗	Mod	Breathing gets a little harder.
8.32	Reprise	(never wanna...)	4 x 8			PP		Mod/Hard	Find your pace.
8.48	Bridge	[fades]	1 x 8		Easy Racing	1/2+			Slow, but don't touch the pressure.
8.51	Verse	with my int uition	4 x 8		Seated Climb	1/2		Easy	New terrain ahead.
9.07		so red and raw	4 x 8	Climb 1	Seated Climb	1/2	↗	Easy/Mod	Butt back in saddle. Feel a heavy push.
9.23	Pre-Chorus	I was a spark	4 x 8			1/2	↗	Easy/Mod	Make the load sink deeper.
9.38	Quiet Chorus	_I never wanna let	4 x 8			1/2	↗	Mod	Establish a good, open climbing position.

... continued

Fire In Me (Martin Jensen Remix)

9.54	Chorus	[big melody]	4 x 8	Standing Climb	1/2		Easy/Mod	Heavy legs, keep your weight neutral.
10.10		[big melody]	4 x 8	Climb 1 cont'd	1/2		Mod	Stay light on the arms.
10.26	Reprise	(never wanna...)	4 x 8		1/2		Mod/Hard	Feel a little uncomfortable.

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

3. Climbing 1/1 = 64rpm

Infinity 2018 (Klaas Remix)

Guru Josh Project

6.48min











ASOR 10
A STATE OF RIDE

Track Focus: I want riders to use BOTH phases of work each round to achieve a great climbing effort.

The Engineer				The Athlete					The Coach		
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Tips, Adjustments or Options		
10.56	Intro	[low melody]	4 x 8	Set-Up	Seated Recovery	1/4			Settle into the heavy part of the journey.		
11.11		[deep bass]	4 x 8		Seated Easy	3/4	○	Easy			
11.26	Bridge	_here's my key	2 1/2 x 8	Climb 1	Seated Climb	1/2+			Bring your pace back to the heavy half pace. Relax your top half. Slide back in the saddle. Starts smooth and strong. Make a little change., Feeling a little fight for the beat. Slow. Breathe. Keep the gear. Second bite of the climb. Adjust. Feel tough. A little shift forward		
11.35	Verge	[synth melody]	2 1/2 x 8			1/2					
11.45		_relax	2 1/2 x 8			1/2+	↗	Easy/Mod			
11.54	Pre-Chorus	_take your time	5 x 8			3/4	↗	Mod			
12.13	Chorus	[big melody]	2 1/2 x 8			Standing Climb	1/1			Easy/Mod	
12.22		[big melody]	2 1/2 x 8			1/1	↗	Mod/Hard			
12.32		[big melody]	2 1/2 x 8			1/1	↗	Hard			
12.41	Bridge	_the time goes by	2 1/2 x 8			Standing Recovery	1/2				
12.50	Chorus	[big melody]	2 1/2 x 8			Standing Climb	1/1				
13.00		[big melody]	2 1/2 x 8			1/1	↗	Hard			
13.09		_take your time	2 1/2 x 8			Standing Attack	1/1	↗		V Hard	
13.18	Bridge	_here's my key	2 1/2 x 8		Climb 2	Standing Recovery	1/4+				Walk it out.
13.28	Verse	[synth melody]	2 1/2 x 8			Seated Climb	1/2	↓		Easy	Reduce load and sit.
13.37		_relax	2 1/2 x 8			1/2			Hips centred and square.		
12.47	Pre-Chorus	_take your time	5 x 8			3/4	↗	Mod	Building back the climb.		
14.05	Chorus	[big melody]	2 1/2 x 8			Standing Climb	1/1		Easy/Mod	Rise and grind.	
14.15		[big melody]	2 1/2 x 8			1/1	↗	Mod/Hard	Adjust and feel firmness under foot.		

... continued

Infinity 2018 (Klaas Remix)

14.24		[big melody]	2 1/2 x 8		Standing Climb	1/1		Hard	Make a move.
14.33	Bridge	_the time goes by	2 1/2 x 8		Standing Recovery	1/2			Catch a breather. Slow and walk.
14.43	Chorus	[big melody]	2 1/2 x 8	Climb 2 cont'd	Standing Climb	1/1		Hard	30 seconds to breathless.
14.52		[big melody]	2 1/2 x 8			1/1		V Hard	Move from the back to the front.
15.02		_take your time	2 1/2 x 8		Standing Attack	1/1		V Hard	OPTION: 1/1+
15.11	Bridge	_here's my key	2 1/2 x 8		Standing Recovery	1/2			Walk it out.
15.20	Verse	[synth melody]	2 1/2 x 8		Seated Climb	1/2+			Sit, reduce, last round.
15.30		_relax	2 1/2 x 8			1/2		Easy/Mod	
15.39	Pre-Chorus	_take your time	5 x 8			3/4+		Mod	Build what you need.
15.58	Chorus	[big melody]	2 1/2 x 8		Standing Climb	1/1		Easy/Mod	2 rounds, let's go!
16.07		[big melody]	2 1/2 x 8			1/1		Mod	
16.16		[big melody]	2 1/2 x 8	Climb 3		1/1		Mod/Hard	Feel the heavy, feel the hard.
16.26	Bridge	_the time goes by	2 1/2 x 8		Standing Recovery	1/2			Slow, wait.....
16.35	Chorus	[big melody]	2 1/2 x 8		Standing Climb	1/1			Last phase, on the move.
16.45		[big melody]	2 1/2 x 8			1/1		Hard	
16.54		_take your time	2 1/2 x 8		Standing Attack	1/1		Hard	Tapping into that top end fitness.
17.03	Inst	[low melody]			Seated Climb	1/1		V Hard	Hold gear and sit. Work HARD.
17.18	Outro	[low beat]			Standing Attack	1/1		V Hard	OPTION: 1/1








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

Track Focus: I want riders to feel the adrenalin rush in their attacks.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Tips, Adjustments or Options
17.52	Intro	_we've been doin'	4 x 8	Set-Up	Seated Recovery	1/4			
18.03		_rock the people	4 x 8		Seated Easy	1/2			
18.15	Pre-Chorus	(yeah yeah yeah)	8 x 8		Seated Easy	3/4	○	Easy/Mod	Enough load to draw you into the bike.
18.36	Inst	[big synth]	8 x 8		Time Trial	1/1	↗	Hard	Slide forward and tuck in.
18.58	Chorus	you better be ready	2 x 8		Standing Attack	1/1	↗	Mod/Hard	The passing move. Stand.
19.04		_watch how we	2 x 8	Attack 1	Seated Attack	1/1			Sit. Centre.
19.09		_rockin' the place	2 x 8		Standing Attack	1/1	↗	Hard	Up, forward.
19.15		_watch how we	2 x 8		Seated Attack	1/1			Down and drive.
19.20	Reprise	see the Qemists	4 x 8		Power Race	1/1		Hard	Make a move.
19.31		crushing the	4 x 8				1/1+	↗	V Hard
19.42	Fades	[whiney synth]	8 x 8		Seated Recovery	1/4	↓		Slow. Reduce. Recover.
20.04	Verse	_we've been doing	4 x 8		Seated Easy	1/4+	↑	Easy	Round 2.
20.15		_rock the people	4 x 8			1/2			
20.26	Pre-Chorus	(yeah yeah yeah)	8 x 8			3/4	↑	Mod	You'll feel the foot dip.
20.48	Inst	[big synth]	8 x 8	Attack 2	Time Trial	1/1	↗	Hard	Inside. Quads are GO!
21.10	Chorus	you better be ready	2 x 8		Standing Attack	1/1	↗	Mod/Hard	Chest open, up and out.
20.15		_watch how we	2 x 8		Seated Attack	1/1			Sit, hold.
21.21		_rockin' the place	2 x 8		Standing Attack	1/1	↗	Hard	Make the passing move.
21.26		_watch how we	2 x 8		Seated Attack	1/1			

... continued

Takeover

21.32		see the Qemists	4 x 8		Power Race	1/1		Hard	Put some distance on now.
21.43		crushing the	4 x 8	Attack 2 cont'd		1/1+		V Hard	
21.54	Fades	[whiney synth]	8 x 8		Seated Recovery	1/4			
22.16	Verse	_we've been doing	4 x 8		Seated Easy	1/4+		Easy	Last round.
22.28			4 x 8			1/2			
22.38	Inst	[heavy breakbeat]	8 x 8		Power Race	3/4+			You're not here to take part.
23.00		[lead guitar]	4 x 8		Time Trial	1/1		V Hard	Put on as much pressure as you can hold.
23.22	Chorus	you better be ready	2 x 8		Standing Attack	1/1		Hard	Overtake now.
23.27		_watch how we	2 x 8	Attack 3	Seated Attack	1/1			
23.33		_rockin' the place	2 x 8		Standing Attack	1/1		V Hard	Break away.
23.38		_watch how we	2 x 8		Seated Attack	1/1			
23.44	Reprise	see the Qemists	4 x 8		Power Race	1/1		V Hard	Stay seated, Heavy, hard and on the edge.
23.55		crushing the	4 x 8			1/1		V V Hard	
24.00	Outro		2 x 8		Power Race	1/1+			Last few seconds, get ahead.

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

5. Race Endurance 1/1 = 128rpm

I Won't Fall (Progressive Mix)

Aurosonic ft Stine Grove

8.18min



Track Focus: I want riders to use the progressive sound to move closer to their best personal race pace.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Tips, Adjustments or Options
24.30	Intro	[low beat]	8 x 8		Seated Recovery	1/4			
25.00		[soft melody]	8 x 8	Set-Up	Seated Easy	PP	○	Easy	Race pressure to start.
25.30	Verse	_you'll always	8 x 8		Seated Easy	1/2+			Find that comfortable cruise.
26.00	Pre-Chorus	_my one true	8 x 8	Race 1		3/4	↑	Easy/Mod	Pressure wraps the lower half.
26.30	Chorus	[piano]	8 x 8		Racing	PP	↗	Mod/Hard	Like you're on ice. Slippery and smooth.
27.00	Bridge	I won't fall	8 x 8		Seated Recovery	1/4+	↓	Easy	Slow. Remember how that felt.
27.30	Inst	I won't fall	8 x 8		Seated Easy	1/4+			Set yourself in that easy place.
28.00	Verse	_you gave	8 x 8			1/2+	↑	Easy	Your base level load goes back on.
28.30	Pre-Chorus	_my one true	8 x 8	Race 2		3/4		Easy/Mod	Feel where it starts to fill the legs once again.
29.00	Chorus	I won't fall	8 x 8		Racing	PP	↗	Mod/Hard	Freedom. Your race. Settle in for 90 seconds.
29.30	Reprise	I won't fall	4 x 8			PP	↗	Hard	
29.45		[upbeat]	4 x 8		Time Trial	PP	↗	V Hard	Push right to the edge of uncomfortable.
30.00	Fades	I won't fall	4 x 8		Seated Recovery	1/4	↓		Slow. Recover.
30.15	Inst	[building drum]	4 x 8		Seated Easy	3/4			Allow yourself to come back.
30.30	Chorus	[big melody]	8 x 8		Racing	3/4	↑	Easy/Mod	You're on the move once more.
31.00		I won't fall	8 x 8	Race 3		PP	↗	Mod/Hard	This is your expression. Don't waste it.
31.15	Bridge	[building drum roll]	4 x 8		Easy Racing	3/4			Wait. Assess. Last phase.
31.30	Inst	I won't fall	8 x 8		Racing	PP		Hard	60 seconds to the line.
32.00	Outro	[low beat]	8 x 8		Time Trial	PP	↗	V Hard	Slip inside, draw away from the beat.

... continued

I Won't Fall (Progressive Mix)





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

Track Focus: I want my riders to use the set-up to establish a perfect power start for each round.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Tips, Adjustments or Options
32.48	Intro	[soft melody]	2 x 8	Set-Up	Seated Recovery				This one is about finding that max power.
32.59	Verse	how can you see	4 x 8		Seated Easy	1/2	○	Easy	
33.22	Pre-Chorus	_without a soul	4 x 8		Seated Easy	1/2+			Get your air in and feel good.
33.44	Build	[heavy guitar]	4 x 8			3/4	↑	Hard	Find your firm gear before you stand.
34.06	Chorus	[heavy synth]	2 x 8	Power 1	Standing Power	1/1		Mod	It settles on the muscles.
34.17		[heavy synth]	2 x 8		Power Race	1/1			Sit, hold, push.
34.28		[heavy synth]	2 x 8				1/1	↗	Mod
34.39		[heavy synth]	2 x 8				1/1	↗	Hard
34.50		[heavy synth]	2 x 8				1/1	↗	V Hard
35.01	Verse	now that I know	4 x 8		Seated Recovery	1/4+	↓	Easy	Break time. Slow down and release.
35.23	Pre-Chorus	_wake me up inside	4 x 8		Seated Easy	1/2+			
35.45		[whiney synth]	4 x 8			1/2+	↗	Easy/Mod	Easy is done, hard is coming.
36.07	Build	[heavy guitar]	4 x 8			3/4+	↗	Mod	This round is you against the clock.
36.29	Chorus	[heavy synth]	2 x 8	Power 2	Standing Power	1/1		Mod	
36.40		[heavy synth]	2 x 8		Power Race	1/1			Mod/Hard
36.51		[heavy synth]	2 x 8				1/1	↗	Hard
37.02		[heavy synth]	2 x 8			1/1	↗	V Hard	
37.13		[heavy synth]	2 x 8			1/1	↗	V Hard	Slide back and fight for the number.
37.24	Verse	now that I know	4 x 8	Power 3	Seated Recovery	1/4+	↓	Easy	

... continued

Bring Me To Life

37.46	Pre-Chorus	_wake me up inside	4 x 8	Power 3 cont'd	Seated Easy	1/2+				
38.09		[whiney synth]	4 x 8						Easy/Mod	It's time to take the power back.
38.30	Build	[heavy guitar]	4 x 8						Mod	
38.53	Chorus	[heavy synth]	2 x 8			Standing Power	1/1		Mod	
39.04		[heavy synth]	2 x 8			Power Race	1/1		Mod/Hard	
39.15		[heavy synth]	2 x 8						Hard	
39.26		[heavy synth]	2 x 8						V Hard	
39.37	Outro	[heavy synth]	2 x 8						V V Hard	
									Take it right to the limit.	

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

7. Peak 1/1 = 64rpm

Face To Face (Junkx Remix)

ATB ft Stanfour

8.42min











Track Focus: I want riders to feel the inspirational modd of this track to rise to their highest working peak.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Tips, Adjustments or Options
40.08	Intro	[drum beat]	4 x 8	Set-Up	Seated Recovery	1/4			This is a 3 peak climb. Establish working resistance. Up out of the saddle. Walk it out.
40.23		[low drum]	4 x 8		Seated Climb	3/4	○	Easy/Mod	
40.38		[low melody]	8 x 8		Standing Climb	1/1	↗	Mod	
41.08	Bridge	[fades]	2 x 8		Standing Recovery	1/2			
41.15		[soft piano]	8 x 8	Peak 1	Seated Easy	1/4+	↓	Easy/Mod	Take a moment. Remember your why. Find that starting strength. Surge to get on the climb at the front. Gear 1 of 3 Small adjustments make big changes. Centred and Strong. OPTION: 1/1+
41.45	Verse	rem em bering	8 x 8		Seated Climb	1/2+			
42.15	Pre-Chorus	if I call your name	8 x 8			3/4+	↑	Easy	
42.45	Build	[building melody]	4 x 8		Power Climb	1/1	↗	Mod	
43.00		(face to face)	4 x 8			1/1+		Mod/Hard	
43.15	Chorus	[heavy beat]	4 x 8		Standing Climb	1/1	↗	Mod	
43.30		[heavy beat]	4 x 8			1/1	↗	Mod/Hard	
43.45		[soft melody]	4 x 8			1/1	↗	Hard	
44.00		[heavy beat]	4 x 8		Standing Attack	1/1		V Hard	
44.15	Bridge	if I call your name	4 x 8		Peak 2	Standing Recovery	1/4		
44.30		if I call your name	4 x 8	Seated Climb		1/2+	↓	Easy	
44.45		if I call your name	4 x 8			3/4	↑	Easy/Mod	
45.00	Build	[building melody]	4 x 8	Power Climb		1/1	↗	Mod	
45.15		[building melody]	4 x 8	Power Climb		1/1+		Mod/Hard	
45.30	Chorus	[heavy beat]	4 x 8	Standing Climb		1/1	↗	Mod	

... continued

Face To Face (Junkx Remix)

45.45		[heavy beat]	4 x 8		Standing Climb	1/1		Mod/Hard	Centred and strong.
46.00		[soft melody]	4 x 8	Peak 2 cont'd	Standing Climb	1/1		Hard	
46.15		[soft melody]	4 x 8		Standing Attack	1/1		V Hard	Stay committed.
46.30	Bridge	if I call your name	4 x 8		Standing Recovery	1/4			Slow and walk. Compose your thoughts.
46.45	Pre-Chorus	if I call your name	4 x 8		Seated Climb	1/2+		Easy	Last peak, time to make your move.
47.00	Build	(face to face)	4 x 8		Power Climb	1/1+		Mod	Gear builds.
47.15	Chorus	[heavy beat]	4 x 8	Peak 3	Standing Climb	1/1		Mod	Rise and grind.
47.30		[heavy beat]	4 x 8		Standing Climb			Mod/Hard	Adjust, push & pull.
47.45		[low beat]	4 x 8		Standing Climb			Hard	
48.00		[low beat]	4 x 8		Seated Climb			V Hard	
48.15	Outro	[kick drum]	8 x 8		Standing Attack	1/1		V V Hard	OPTION: 1/1+

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

8. Ride Home 1/1 = 115rpm

Need Your Love (Nurko Remix)

Gryffin ft Seven Lions

4.10min



Track Focus: I want riders to bring themselves down from their high, embrace their effort and feel empowered as they finish.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Tips, Adjustments or Options
48.59	Intro	(I need your love)		Set-Up	Seated Recovery	1/4			
49.16	Verse	under my skin			Seated Easy	1/2+	○	Easy	Safe pressure. Easy legs.
49.32		hardest part				3/4			
49.49	Pre-Chorus	I need your love		Ride Home 1		1/2	↗	Easy/Mod	Feel a little inflation of the muscles.
50.06		I need your love							
50.22	Chorus	[heavy synth]			Easy Racing	PP	↗	Easy/Mod	A smooth ride home.
50.56	Verse	we got so close			Seated Easy	1/2+	↓	Easy	
51.12	Pre-Chorus	hardest part				3/4			
51.29		I need your love		Ride Home 2		1/2	↗	Easy/Mod	Use this time to refresh your technique.
51.46		I need your love							
52.03	Chorus	[heavy synth]			Easy Racing	PP	↗	Easy/Mod	Keep it easy
52.36	Outro	(I need your love)			Seated Easy	1/4+			Open your heart, we have made it home.

... continued

Need Your Love (Nurko Remix)

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