

OFFICIAL INSTRUCTOR CHOREOGRAPHY



1 Warm-Up Sunny Days Armin Van Buuren ft Josh Cumbbee

2 Pace Intervals Let Me Love You (DAZZ Extended Remix) CALVO

Learn To Fly Foo Fighters

4 Attacks Crush Pendulum

5 Race Endurance Hide & Seek (Tiesto's ISOS Remix) Impogen Heap

6 Power Bonfire Knife Party

7 Peak Runaway (U & I) (Quintino Remix) Galantis

Cool Again Kane Brown ft Nelly

Credits

Climbing

Ride Home

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

Choreography Legend											
on music tempo	1/1		0	Establish working pressure							
just behind tempo	3/4		1	Heavy Increase in Pressure							
half music beat	1/2		7	Adjust Pressure							
personal pace.	P/P		V	Reduce Pressure							

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

Learn more at www.astateofride.com



Track Focus: I want riders to feel the brightness of our warm-up and to introduce a Personal Pace option.

1.32 Pre-Chorus no more butterflies 4 x 8 1.48 Chorus oh sunny days 4 x 8 2.05 oh sunny days 4 x 8 2.22 Inst _she keeps on 4 x 8 2.40 Verse needs is shelter 4 x 8 2.57 Pre-Chorus no more butterflies 4 x 8 3.14 Chorus oh sunny days 4 x 8 3.15 Pre-Chorus no more butterflies 4 x 8 3.16 Chorus oh sunny days 4 x 8 3.17 Inst _she keeps on 4 x 8 3.18 Pre-Chorus no more butterflies 4 x 8 3.19 Pre-Chorus no more butterflies 4 x 8 3.10 Pre-Chorus no more butterflies 4 x 8 3.11 Chorus oh sunny days 4 x 8 3.12 Pre-Chorus no more butterflies 4 x 8 3.13 Pre-Chorus no more butterflies 4 x 8 3.14 Chorus oh sunny days 4 x 8 3.15 Pre-Chorus no more butterflies 4 x 8 3.16 Pre-Chorus no more butterflies 4 x 8 3.17 Inst _she keeps on 4 x 8 4.18 Pre-Chorus no more butterflies 4 x 8 4.18 Pre-Chorus no more butterflies 4 x 8 4.19 Pre-Chorus no more butterflies 4 x 8 4.10 Pre-Chorus		The	Engineer			The Ath	lete			The Coach
1.15 Verse in the morning 4 x 8 1.32 Pre-Chorus no more butterfiles 4 x 8 1.48 Chorus oh sunny days 4 x 8 2.05 oh sunny days 4 x 8 2.22 Inst _she keeps on 4 x 8 2.38 Bridge [fades] 1/2 x 8 2.40 Verse needs is shelter 4 x 8 2.57 Pre-Chorus oh sunny days 4 x 8 3.14 Chorus oh sunny days 4 x 8 3.15 Pre-Chorus no more butterfiles 4 x 8 3.16 Chorus oh sunny days 4 x 8 3.17 Inst _she keeps on 4 x 8 3.47 Inst _she keeps on 4 x 8 3.47 Inst _she keeps on 4 x 8 3.47 Inst _she keeps on 4 x 8 3.48 Bridge [fades] 1/2 x 8 3.49 Bridge [fades] 1/2 x 8 3.40 Bridge [fades] 1/2 x 8 3.40 Bridge [fades] 1/2 x 8 3.40 Bridge [fades] 1/2 x 8 3.41 Chorus oh sunny days 4 x 8 3.42 Inst _she keeps on 4 x 8 3.43 Pre-Ch no more butterfiles 4 x 8 3.44 Bridge [fades] 1/2 x 8 3.45 Bridge [fades] 1/2 x 8 3.46 Bridge [fades] 1/2 x 8 3.47 Bridge [fades] 1/2 x 8 3.48 Bridge [fades] 1/2 x 8 3.49 Bridge [fades] 1/2 x 8 3.40 Bridge [fades] 1/2 x 8 3.41 Bridge [fades] 1/2 x 8 3.42 Bridge [fades] 1/2 x 8 3.43 Bridge [fades] 1/2 x 8 3.44 Bridge [fades] 1/2 x 8 3.45 Bridge [fades] 1/2 x 8 3.46 Bridge [fades] 1/2 x 8 3.47 Bridge [fades] 1/2 x 8 3.48 Bridge [fades] 1/2 x 8 3.49 Bridge [fades] 1/2 x 8 3.40 Bridge [fades] 1/2 x 8 3.40 Bridge [fades] 1/2 x 8 3.41 Bridge [fades] 1/2 x 8 3.42 Bridge [fades] 1/2 x 8 3.43 Bridge [fades] 1/2 x 8 3.44 Bridge [fades] 1/2 x 8 3.45 Bridge [fades] 1/2 x 8 3.46 Bridge [fades] 1/2 x 8 3.47 Bridge [fades] 1/2 x 8 3.48 Bridge [fades] 1/2 x 8 3.49 Bridge [fades] 1/2 x 8 3.40 Bridge [fades] 1/2 x 8 3.41 Bridge [fades] 1/2 x 8 3.42 Bridge [fades] 1/2 x 8 3.43 Bridge [fades] 1/2 x 8 3.44 Bridge [fades] 1/2 x 8 3.45 Bridge [fades] 1/2 x 8 3.46 Bridge [fades] 1/2 x 8 3.47 Bridge [fades] 1/2 x 8 3.48 Bridge [fades] 1/2 x 8 3.49 Bridge [fades] 1/2 x 8 3.40 Bridge [fades] 1/2 x 8 3.40 Bridge [fades] 1/2 x 8 3.41 Bridge [fades] 1/2 x 8 3.42 Bridge [fades] 1/2 x 8 3.43 Bridge [fades] 1/2 x 8 3.44 Bridge [fades] 1/2 x 8 3.45 Bridge [fades] 1/2 x 8 3.46 Bridge [fades] 1/2 x 8 3.47 Bridge [fades] 1/2 x 8 3.48 Bridge [fades] 1/2 x 8 3.49	Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
1.32 Pre-Chorus no more butterflies 4 x 8 1.48 Chorus oh sunny days 4 x 8 2.05 oh sunny days 4 x 8 2.05 oh sunny days 4 x 8 2.22 Inst _she keeps on 4 x 8 2.40 Verse needs is shelter 4 x 8 2.57 Pre-Chorus no more butterflies 4 x 8 3.14 Chorus oh sunny days 4 x 8 3.17 Inst _she keeps on 4 x 8 3.47 Inst _she keeps on 4 x 8 4.04 Bridge [fades] 1/2 x 8 4.04 Bridge [fades] 1/2 x 8 4.05 Pre-Ch no more butterflies 4 x 8 4.06 Verse needs is shelter 4 x 8 4.06 Verse needs is shelter 4 x 8 4.07 Draw oh sunny days 4 x 8 4.08 Draw oh sunny days 4 x 8 4.09 Or the move. Seated Easy 1/2+ Easy Racing 3/4+ Easy/Mod Pre-Chorus Relax your grip, loosen the shoulders. Seated Easy 1/2+ Seated Easy 1/2+ Feel where the load attaches to the must and the properties of the must appear of the peat. Find a connection to the beat.	0.58	Intro	[soft guitar]	4 x 8	Set-Up	Seated Recovery	1/4			3 rounds to prepare the day.
1.48	1.15	Verse	in the morning	4 x 8		Seated Easy	1/2+	0	Easy	Find a relaxed pace and pressure to start.
2.05 oh sunny days 4 x 8 2.22 Inst _she keeps on 4 x 8 2.28 Bridge [fades] 1/2 x 8 2.40 Verse needs is shel ter 4 x 8 3.14 Chorus oh sunny days 4 x 8 3.17 Inst _she keeps on 4 x 8 4.04 Bridge [fades] 1/2 x 8 4.06 Verse needs is shel ter 4 x 8 4.08 Easy Racing PP 3 Easy/Mod 4.09 PP 3 Relax your grip, loosen the shoulders. Racing PP 3 Mod Move a little longer. Slowing. Seated Easy 1/2+ Find a connection to the beat. Move to Slow a little. Seated Easy 1/2+ Easy/Mod Move to Slow a little. Back onto a little pace. Relax your grip, loosen the shoulders. Slowing. Find a connection to the beat. Move to Slow a little. Back onto a little longer. Felsy Racing PP 3 Mod Move a little longer. Slowing. Find a connection to the beat. Move to Slow a little. Seated Easy 1/2+ Slowing. Third round. Find a connection to the beat. Move to Slow a little. Seated Easy 1/2+ Slowing. Third round. Find a connection to the beat. Move to Slow a little. Seated Easy 1/2+ Third round. Find a connection to the beat. Move to Slow a little. Slow a little. Seated Easy 1/2+ Slowing and a connection to the beat. Slow a little. Slow a little. Seated Easy 1/2+ Third round. Find a connection to the beat.	1.32	Pre-Chorus	no more butterflies	4 x 8						
2.05 oh sunny days 4 x 8 2.22 Inst _she keeps on 4 x 8 2.38 Bridge [fades] 1/2 x 8 2.40 Verse needs is shelter 4 x 8 2.57 Pre-Chorus no more butterflies 4 x 8 3.14 Chorus oh sunny days 4 x 8 3.0 oh sunny days 4 x 8 3.47 Inst _she keeps on 4 x 8 4.04 Bridge [fades] 1/2 x 8 4.05 Verse needs is shelter 4 x 8 3.47 Inst _she keeps on 4 x 8 4.04 Bridge [fades] 1/2 x 8 4.05 Verse needs is shelter 4 x 8 4.06 Verse needs is shelter 4 x 8 4.06 Verse needs is shelter 4 x 8 4.06 Verse needs is shelter 4 x 8 4.07 Inst _she keeps on 4 x 8 4.08 Easy Racing PP 7 Mod Move a little longer. 4.09 Find a connection to the beat. Slow a little. Easy When you slow it feels light. Back onto a little pace. Relax your grip, loosen the shoulders. Slowing. Relax your grip, loosen the shoulders. Slowing. Find a connection to the beat. Move to Slow a little. Back onto a little pace. Relax your grip, loosen the shoulders. Slowing. Find a connection to the beat. Move to Slow a little. Back onto a little pace. Relax your grip, loosen the shoulders. Slowing. Find a connection to the beat. Move to Slow a little. Back onto a little pace. Relax your grip, loosen the shoulders. Slowing. Find a connection to the beat. Move to Slow a little. Back onto a little pace. Relax your grip, loosen the shoulders. Slowing. Find a connection to the beat.	1.48	Chorus	oh sunny days	4 x 8	Warm-Un 1	Easy Racing	3/4+	lack	Easy	Feel where the load attaches to the muscles.
2.38 Bridge [fades] 1/2 x 8 2.40 Verse needs is shelter 4 x 8 2.57 Pre-Chorus no more butterflies 4 x 8 3.14 Chorus oh sunny days 4 x 8 3.30 oh sunny days 4 x 8 3.47 Inst _she keeps on 4 x 8 4.04 Bridge [fades] 1/2 x 8 4.06 Verse needs is shelter 4 x 8 4.06 Verse needs is shelter 4 x 8 4.07 Easy/Mod A.08 Pre-Ch no more butterflies 4 x 8 Racing PP 7 Mod Move a little longer. 1/2 Slow a little. Seated Easy 1/2+ Easy/Mod Relax your grip, loosen the shoulders. 1/2 Slowing in the shoulders. Slow a little light. Back onto a little pace. Racing PP 7 Mod Move a little longer. Slowing. Seated Easy 1/2+ Third round. Seated Easy 1/2+ Third round. 4.23 Pre-Ch no more butterflies 4 x 8 Oh sunny days 4 x 8 Warm-Up 3 Warm-Up 3 Easy Racing 3/4+ Mod On the move. Edge Closer to your race pace.	2.05		oh sunny days	4 x 8	Wallin Op 1		3/4+	_		Find a connection to the beat.
2.40 Verse needs is shelter 4 x 8 2.57 Pre-Chorus no more butterflies 4 x 8 3.14 Chorus oh sunny days 4 x 8 3.30 oh sunny days 4 x 8 4.04 Bridge [fades] 1/2 x 8 4.06 Verse needs is shelter 4 x 8 4.23 Pre-Ch no more butterflies 4 x 8 4.39 oh sunny days 4 x 8 4.56 QC oh sunny days 4 x 8 4.72 Easy Mod Seated Easy 1/2+ Easy When you slow it feels light. Back onto a little pace. Easy Racing 3/4+ Easy/Mod Relax your grip, loosen the shoulders. And Mod Move a little longer. Seated Easy 1/2+ Third round. A 2 Easy/Mod A 3/4 A 6 Mod A On the move. Edge Closer to your race pace.	2.22	Inst	_she keeps on	4 x 8		Easy Racing	PP	7	Easy/Mod	Move to
2.57 Pre-Chorus no more butterflies 4 x 8 3.14 Chorus oh sunny days 4 x 8 3.30 oh sunny days 4 x 8 3.47 Inst _she keeps on 4 x 8 4.04 Bridge [fades] 1/2 x 8 4.06 Verse needs is shelter 4 x 8 4.23 Pre-Ch no more butterflies 4 x 8 4.39 oh sunny days 4 x 8 4.56 QC oh sunny days 4 x 8 4 8 Warm-Up 2 Easy Racing 3/4+ Easy/Mod Relax your grip, loosen the shoulders. Racing PP 7 Mod Move a little longer. 1/2 Slowing. Seated Easy 1/2+ 3/4 7 Easy/Mod A39 Mod On the move. Easy Racing 3/4+ Easy/Mod A56 QC oh sunny days 4 x 8 Warm-Up 3 Easy Racing 3/4+ Death Mod On the move. Edge Closer to your race pace.	2.38	Bridge	[fades]	1/2 x 8			1/2			Slow a little.
3.14 Chorus oh sunny days 4 x 8 3.30 oh sunny days 4 x 8 3.47 Inst _she keeps on 4 x 8 4.04 Bridge [fades] 1/2 x 8 4.06 Verse needs is shelter 4 x 8 4.23 Pre-Ch no more butterflies 4 x 8 4.39 oh sunny days 4 x 8 4.56 QC oh sunny days 4 x 8 Warm-Up 2 Easy Racing 3/4+ Easy/Mod PP 7 Mod Move a little longer. Seated Easy 1/2+ Seated Easy 1/2+ Third round. Seated Easy Mod On the move. Easy Racing 3/4+ Easy/Mod Mod On the move. Easy Racing 3/4+ Feasy/Mod Mod On the move. Easy Racing 3/4+ Feasy/Mod A 7 Easy/Mod Feasy/Mod Feasy/	2.40	Verse	needs is shel ter	4 x 8		Seated Easy	1/2+		Easy	When you slow it feels light.
3.30 oh sunny days 4 x 8 3.47 Inst _she keeps on 4 x 8 4.04 Bridge [fades] 1/2 x 8 4.06 Verse needs is shel ter 4 x 8 4.23 Pre-Ch no more butterflies 4 x 8 4.39 oh sunny days 4 x 8 4.56 QC oh sunny days 4 x 8 Warm-Up 2 PP 7 Mod Move a little longer. 1/2 Seated Easy 1/2+ 3/4 7 Easy/Mod On the move. Edge Closer to your race pace.	2.57	Pre-Chorus	no more butterflies	4 x 8				71		Back onto a little pace.
3.30 oh sunny days 4 x 8 3.47 Inst _she keeps on 4 x 8 4.04 Bridge [fades] 1/2 x 8 4.06 Verse needs is shel ter 4 x 8 4.23 Pre-Ch no more butterflies 4 x 8 4.39 oh sunny days 4 x 8 4.56 QC oh sunny days 4 x 8 Warm-Up 3 PP 7 Relax your grip, loosen the shoulders. Relax your grip, loosen the shoulders. Relax your grip, loosen the shoulders. No Move a little longer. 1/2 Seated Easy 1/2+ Third round. 2/4 A Beasy/Mod On the move. Edge Closer to your race pace.	3.14	Chorus	oh sunny days	4 x 8	Warm-Un 2	Easy Racing	3/4+	_	Easy/Mod	
4.04 Bridge [fades] 1/2 x 8 4.06 Verse needs is shel ter 4 x 8 4.23 Pre-Ch no more butterflies 4 x 8 4.39 oh sunny days 4 x 8 4.56 QC oh sunny days 4 x 8 Warm-Up 3 I/2 Slowing. Third round. Easy/Mod On the move. Edge Closer to your race pace.	3.30		oh sunny days	4 x 8	Wallin Op 2		PP	7		Relax your grip, loosen the shoulders.
4.06 Verse needs is shel ter 4 x 8 4.23 Pre-Ch no more butterflies 4 x 8 4.39 oh sunny days 4 x 8 4.56 QC oh sunny days 4 x 8 Warm-Up 3 Seated Easy 1/2+ Z Easy/Mod Mod On the move. Edge Closer to your race pace.	3.47	Inst	_she keeps on	4 x 8		Racing	PP	71	Mod	Move a little longer.
4.23 Pre-Ch no more butterflies 4 x 8 4.39 oh sunny days 4 x 8 4.56 QC oh sunny days 4 x 8 Warm-Up 3 Easy Racing 3/4 Easy Racing 3/4+ Mod On the move. Edge Closer to your race pace.	4.04	Bridge	[fades]	1/2 x 8			1/2			Slowing.
4.39 oh sunny days 4 x 8 4.56 QC oh sunny days 4 x 8 Warm-Up 3 Easy Racing 3/4+ Mod Edge Closer to your race pace.	4.06	Verse	needs is shel ter	4 x 8		Seated Easy	1/2+			Third round.
4.56 QC oh sunny days 4 x 8 Edge Closer to your race pace.	4.23	Pre-Ch	no more butterflies	4 x 8			3/4	7	Easy/Mod	
4.56 QC oh sunny days 4 x 8 Edge Closer to your race pace.	4.39		oh sunny days	4 x 8	Warm-Un 3	Easy Racing	3/4+	<u> 1</u>	Mod	On the move.
	4.56	QC	oh sunny days	4 x 8	Wallin Op 5			7		Edge Closer to your race pace.
5.13 Inst _she keeps on 4 x 8 Racing PP Mod/Hard A little uncomfortable.	5.13	Inst	_she keeps on	4 x 8		Racing	PP	71	Mod/Hard	A little uncomfortable.
5.29 _sunny days 4 x 8	5.29		_sunny days	4 x 8			PP			

con	tinued				Sunny Days	S	
5.46	Outro	oh sunny days	2 x 8 W	/arm-Up 3 cont'd	Seated Easy	1/2+	Hold your pressure, slow down to the half.

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

2. Mixe	ed Pace	1/1 = 1	124rpm
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Let Me Love You (Dazz Remix) Calvo

6.15min

AS

Track Focus: I want riders to feel confident through use of good working pressure and position.

Time Music Element Counts Sequence Position Tempo Load Intensity 6.03 Intro [deep beat] 4 x 8 Set-Up Seated Recovery 1/4 2 Pace efforts, 2 climbs 6.18 [cymbols] 4 x 8 Seated Recovery 1/4 Easy The road meets your feet. 6.34 Verse _baby you just don't 4 x 8 Pace 1 Racing 3/4 Easy/Mod Gentle to start. 7.05 Chorus let me love you 4 x 8 Pace 1 Racing PP Mod/Hard Personal Pace. Chase the bear of the b		The I	Engineer	T		The Ath	lete		T	The Coach
Set-Up S	Time			Counts	Sequence			Load	Intensity	
6.18	6.03	Intro	[deep beat]	4 x 8	0	Seated Recovery	1/4			2 Pace efforts, 2 climbs
6.50 Pre-Chorus if I was your man 4 x 8 7.05 Chorus let me love you 4 x 8 7.05 Chorus let me love you 4 x 8 7.06 Chorus Repeat let me love you 4 x 8 7.36 Chorus Repeat let me love you 4 x 8 8.07 Pre-Chorus if I was your man 4 x 8 8.22 Chorus let me love you 4 x 8 8.38 Inst [melody] 4 x 8 8.53 Inst Repeat [melody] 4 x 8 9.09 Verse _baby you just don't 4 x 8 9.09 Verse _baby you just don't 4 x 8 9.00 Chorus let me love you 4 x 8 9.00 Chorus let me love you 4 x 8 9.01 Pre-Chorus if I was your man 4 x 8 9.02 Easy Racing 3/4 Mod Look for that little bit more Change gear, hold tempo. Working On Pace. 9.09 Verse _baby you just don't 4 x 8 9.00 Chorus let me love you 4 x 8 9.00 Chorus let me love you 4 x 8 9.00 Chorus let me love you 4 x 8 9.00 Chorus let me love you 4 x 8 9.00 Chorus let me love you 4 x 8 9.00 Chorus let me love you 4 x 8 0 Climb 1 Standing Climb 1/2 Mod Centre of the bike.	6.18		[cymbols]	4 x 8	Set-Up					
7.05 Chorus let me love you 4 x 8 7.20 Inst [melody] 4 x 8 7.36 Chorus Repeat let me love you 4 x 8 7.51 Verse listen_ 4 x 8 8.22 Chorus let me love you 4 x 8 8.22 Chorus let me love you 4 x 8 8.53 Inst [melody] 4 x 8 8.53 Inst Repeat [melody] 4 x 8 9.09 Versebaby you just don't 4 x 8 9.24 Pre-Chorus let me love you 4 x 8 9.25 Inst [melody] 4 x 8 9.26 Climb 1 9.26 Seated Easy 1/2+ 9.27 Mod	6.34	Verse	_baby you just don't	4 x 8		Seated Easy	1/2+	0	Easy	The road meets your feet.
7.05 Chorus let me love you 4 x 8 7.20 Inst [melody] 4 x 8 7.36 Chorus Repeat let me love you 4 x 8 7.51 Verse listen_ 4 x 8 8.22 Chorus let me love you 4 x 8 8.22 Chorus let me love you 4 x 8 8.38 Inst [melody] 4 x 8 8.53 Inst Repeat [melody] 4 x 8 8.53 Inst Repeat [melody] 4 x 8 9.09 Versebaby you just don't 4 x 8 9.24 Pre-Chorus if I was your man 4 x 8 9.25 Inst [melody] 4 x 8 8.56 Climb 1 8.57 Seated Easy 1/2+ 8.58 Seated Easy 1/2+ 8.59 Mod/Hard Charge gear, hold tempo. Working Seated Easy 1/2+ 8.59 Mod/Hard On Pace. 8.50 Seated Easy 1/2+ 8.50 Seated Easy 1/2+ 8.50 Mod Heavy climbing gear. 9.09 Versebaby you just don't 4 x 8 9.24 Pre-Chorus if I was your man 4 x 8 9.25 Inst [melody] 4 x 8 8.50 Climb 1 8.51 Standing Climb 1/2 8.52 Mod Centre of the bike.	6.50	Pre-Chorus	if I was your man	4 x 8				$\overline{\Lambda}$		
7.36 Chorus Repeat let me love you 4 x 8 Racing PP Mod/Hard Personal Pace Chase the be Seated Easy 1/2+ 8.07 Pre-Chorus if I was your man 4 x 8 8.22 Chorus let me love you 4 x 8 8.38 Inst [melody] 4 x 8 8.53 Inst Repeat [melody] 4 x 8 9.09 Verse _baby you just don't 4 x 8 9.24 Pre-Chorus if I was your man 4 x 8 9.25 Inst [melody] 4 x 8 Climb 1 Standing Climb 1/2 Mod Centre of the bike.	7.05	Chorus	let me love you	4 x 8	Pace 1	Racing	3/4	_	Easy/Mod	Gentle to start.
7.51 Verse listen_ 4 x 8 8.07 Pre-Chorus if I was your man 4 x 8 8.22 Chorus let me love you 4 x 8 8.53 Inst Repeat [melody] 4 x 8 9.09 Verse _baby you just don't 4 x 8 9.24 Pre-Chorus if I was your man 4 x 8 9.25 Inst [melody] 4 x 8 Climb 1 Seated Easy 1/2+ Easy And Look for that little bit more Change gear, hold tempo. Workin 1/2 Slow Heavy climbing gear. Climb 1 Standing Climb 1/2 Mod Centre of the bike.	7.20	Inst	[melody]	4 x 8				7		Hold the pace, shift the gear.
8.07 Pre-Chorus if I was your man 4 x 8 8.22 Chorus let me love you 4 x 8 8.38 Inst [melody] 4 x 8 8.53 Inst Repeat [melody] 4 x 8 9.09 Verse _baby you just don't 4 x 8 9.24 Pre-Chorus if I was your man 4 x 8 9.40 Chorus let me love you 4 x 8 9.55 Inst [melody] 4 x 8 Climb 1 Standing Climb 1/2 Mod 9.55 Inst [melody] 4 x 8 Mod Look for that little bit more Change gear, hold tempo. Working Mod/Hard On Pace. Seated Easy 1/2+ Slow Seated Climb 1/2 Mod Heavy climbing gear. Climb 1 Standing Climb 1/2 Mod Mod Centre of the bike.	7.36	Chorus Repeat	let me love you	4 x 8		Racing	PP		Mod/Hard	Personal Pace Chase the beat.
8.22 Chorus let me love you 4 x 8 8.38 Inst [melody] 4 x 8 8.53 Inst Repeat [melody] 4 x 8 9.09 Verse _baby you just don't 4 x 8 9.24 Pre-Chorus if I was your man 4 x 8 9.40 Chorus let me love you 4 x 8 9.55 Inst [melody] 4 x 8 Climb 1 Standing Climb 1/2 Mod Look for that little bit more Change gear, hold tempo. Working Change gear gear gear gear gear gear gear ge	7.51	Verse	listen_	4 x 8		Seated Easy	1/2+		Easy	
8.38 Inst [melody] 4 x 8 8.53 Inst Repeat [melody] 4 x 8 9.09 Verse _baby you just don't 4 x 8 9.24 Pre-Chorus if I was your man 4 x 8 9.40 Chorus let me love you 4 x 8 9.55 Inst [melody] 4 x 8 Change gear, hold tempo. Working Mod/Hard On Pace. Seated Easy 1/2+ Slow Seated Climb 1 1/2 Mod Heavy climbing gear. Climb 1 Standing Climb 1/2 Mod Centre of the bike.	8.07	Pre-Chorus	if I was your man	4 x 8				1		
8.53 Inst Repeat [melody] 4 x 8 9.09 Verse _baby you just don't 4 x 8 9.24 Pre-Chorus if I was your man 4 x 8 9.40 Chorus let me love you 4 x 8 9.55 Inst [melody] 4 x 8 PP 7 Mod/Hard On Pace. Seated Easy 1/2+ Slow Seated Climb 1 1/2	8.22	Chorus	let me love you	4 x 8	Pace 2	Easy Racing	3/4	<u> 7</u>	Mod	Look for that little bit more.
9.09 Verse _baby you just don't 4 x 8 9.24 Pre-Chorus if I was your man 4 x 8 9.40 Chorus let me love you 4 x 8 9.55 Inst [melody] 4 x 8 Seated Easy 1/2+ Slow Seated Climb 1 1/2 Mod Mod Mod Centre of the bike.	8.38	Inst	[melody]	4 x 8				7		Change gear, hold tempo. Working now.
9.24 Pre-Chorus if I was your man 4 x 8 9.40 Chorus let me love you 4 x 8 9.55 Inst [melody] 4 x 8 Seated Climb 1/2 Standing Climb 1/2 Mod Heavy climbing gear. 7 Mod Mod Centre of the bike.	8.53	Inst Repeat	[melody]	4 x 8			PP	7	Mod/Hard	On Pace.
9.40 Chorus let me love you 4 x 8 Climb 1 Standing Climb 1/2 Mod 9.55 Inst [melody] 4 x 8 Centre of the bike.	9.09	Verse	_baby you just don't	4 x 8		Seated Easy	1/2+			Slow
9.55 Inst [melody] 4 x 8 Centre of the bike.	9.24	Pre-Chorus	if I was your man	4 x 8		Seated Climb	1/2	$\overline{\mathbf{\Lambda}}$	Mod	Heavy climbing gear.
	9.40	Chorus	let me love you	4 x 8	Climb 1	Standing Climb	1/2	<u> </u>	Mod	
10.11 Chorus Repeat let me love you 4 x 8 Mod/Hard Feel a shift in your breathing	9.55	Inst	[melody]	4 x 8				<u> </u>	Mod	Centre of the bike.
	10.11	Chorus Repeat	let me love you	4 x 8				7	Mod/Hard	Feel a shift in your breathing.
10.26 Verse listen_ 4 x 8 Standing Recovery 1/4+	10.26	Verse	listen_	4 x 8	Climb 2	Standing Recovery	1/4+			
10.42 Pre-Chorus if I was your man 4 x 8 Seated Climb 1/2 Mod	10.42	Pre-Chorus	if I was your man	4 x 8	CIIITID Z	Seated Climb	1/2	V	Mod	

со	ntinued			Let Me	Love You (Da	zz Ren	nix)		
10.57	Chorus	let me love you	4 x 8		Standing Climb	1/2	71	Mod/Hard	
11.13	Inst	[melody]	4 x 8	Climb 2 cont'd			7	Hard	Feel a natural side-to-side.
11.28	Inst Repeat	[melody]	4 x 8	CIII II Z COITE G					Keep the weight a little back from the bars
11.43	Outro	[low melody]	8 x 8		Seated Climb	1/2		Hard	OPTION: Standing Climb

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



Track Focus: I want riders to feel strong

	The I	Engineer			The Ath	lete			The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
12.32	Intro	[heavy guitar]	8 x 8	Set-Up	Seated Recovery	1/4			3 phases of work, a double header to end.
13.01	Verse	run and tell	4 x 8		Seated Climb	1/1	0	Easy	Hips back in the saddle.
13.15	Pre-Chorus	hook me up	4 x 8				个	Easy/Mod	When we stand we are strong.
13.29	Chorus	now i'm look ing	4 x 8	Climb 1	Standing Climb	1/1		Mod	
13.43		now i'm look ing	4 x 8	CIIIIDI			7	Mod/Hard	Centered.
13.57		i'm look ing for	3 x 8				7	Mod/Hard	
14.08	Inst	learn to fly_	4 x 8		Standing Attack	1/1		Hard	Shift a little forward.
14.22	Verse	I think i'm done	4 x 8		Seated Climb	1/1	$oldsymbol{\Psi}$	Easy	As you sit, reduce enough to allow a breather.
14.36	Pre-Chorus	we'll live happily	4 x 8				lack	Easy/Mod	
14.50	Chorus	now i'm look ing	4 x 8	Climb 2	Standing Climb	1/1		Mod	Change gear, we are off.
15.04		now i'm look ing	4 x 8	CIIITID Z		1/1	7	Mod/Hard	Find that smooth pedal.
15.18		i'm look ing for	3 x 8			1/1	7	Mod/Hard	
15.29	Inst	learn to fly_	8 x 8		Standing Attack	1/1		Hard	OPTION: 1/1+
15.50	Verse	I think i'm done	4 x 8		Seated Climb	1/1	$oldsymbol{\Psi}$	Easy	Reduce to flush the muscles.
16.04	Pre-Chorus	we'll live happily	4 x 8				lack	Easy/Mod	Back to back climbs coming.
16.18	Chorus	now i'm look ing	4 x 8	Climb 3	Standing Climb	1/1		Mod	
16.32		now i'm look ing	4 x 8	CIIIIID			7	Mod/Hard	You should feel strong.
16.46		i'm look ing for	4 1/2 x 8				71	Mod/Hard	
17.02	Bridge	fly with me	6 x 8		Seated Climb	1/1		Hard	Sit and work.

con	tinued				Learn To Fly	/			
17.23	Chorus	now i'm look ing	4 x 8		Standing Climb		7	Hard	
17.38		now i'm look ing	4 x 8						Working for every pedal stroke now.
17.52		i'm look ing for	3 x 8	Climb 4	Seated Climb	1/1	7	V Hard	
18.02	Reprise	i'm looking to	11 x 8		Standing Climb	1/1	_		
18.37	Outro	learn to_	3 x 8		Standing Attack	1/1+	7	V V Hard	Take the climb.

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

8.05min



Track Focus: I want riders to feel the explosiveness of the 2 short attacks at the start and end of each round.

	The	Engineer			The Ath	lete			The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
19.28	Intro	[low melody]	4 x 8	Set-Up	Seated Recovery	1/1		Easy	
19.39	Inst	[beat & melody]	8 x 8		Seated Easy	3/4	O		Jump on board this runaway train.
20.01	Verse	I was run ning	2 x 8		Standing Attack	1/1	lack	Mod	Short burst. Up and forward.
20.07		to runa way	2 x 8		Seated Attack	1/1			Sit and stay ahead.
20.12		all my fear	2 x 8		Standing Attack	1/1	7	Hard	Light arms, out of the saddle.
20.18		you can't be me	2 x 8		Seated Attack	1/1	_		
20.23	Inst	[soft melody]	4 x 8	Attack 1	Time Trial	1/1	7	Hard	Centre Bars, shoulders away from your ears.
20.34	Verse	I was wand ering	2 x 8	/ tetack i	Standing Attack	1/1	lack	Hard	Second block. Let's go.
20.40		no con trol	2 x 8		Seated Attack	1/1	_		
20.45		when I thought	2 x 8		Standing Attack	1/1	7	V Hard	
20.51		feel so guil ty	2 x 8		Seated Attack	1/1			
20.56	Upbeat	creat ures I've been	8 x 8		Power Race	1/1	7	V Hard	Stay long and strong.
21.18	Bridge	[fades]	8 x 8		Seated Easy	1/2+	lacksquare		Reduce. Get your air in.
21.41	Inst	[beat & melody]	8 x 8		Seated Easy	1/1		Easy/Mod	Hook back in. Time to play catch up.
22.03	Verse	I was run ning	2 x 8		Standing Attack	1/1	lack	Mod/Hard	Up and Go.
22.08		to runa way	2 x 8	Attack 2	Seated Attack	1/1			
22.14		all my fear	2 x 8	Actual 2	Standing Attack	1/1	71	Hard	Chest open. Eyes up.
22.19		you can't be me	2 x 8		Seated Attack	1/1	_		
22.25	Inst	[low melody]	4 x 8		Time Trial	1/1	7	Hard	Inside. Use this to move ahead.

Crush

con	tinued				Crush				
22.36	Verse	I was wand ering	2 x 8		Standing Attack	1/1	71	Hard	Rider 2 take the pass.
22.41		no con trol	2 x 8		Seated Attack	1/1			
22.47		when I thought	2 x 8	Attack 2 cont'd	Standing Attack	1/1	7	Hard'	Get up, get out,GO
22.52		feel so guil ty	2 x 8	Attack 2 cont a	Seated Attack	1/1			
22.58	Upbeat	creat ures I've been	8 x 8		Power Race	1/1	<u> 7</u>	V Hard	Eyes forward. Very uncomfortable.
23.20	Bridge	[fades]	8 x 8		Seated Easy	1/2+	$oldsymbol{\Psi}$		Relax.
23.42		the night mares	8 x 8		Seated Easy	1/2		Easy	Let it just turn slowly.
24.04	Inst	[beat & melody]	8 x 8		Time Trial	1/1	<u> 1</u>	Mod	One more round. Feel the heat.
24.26	Verse	I was wand ering	2 x 8		Standing Attack	1/1	7	Mod/Hard	Pressure is on,.
24.32		no con trol	2 x 8		Seated Attack	1/1			
24.37		when I thought	2 x 8		Standing Attack	1/1	77	Hard	
24.43		feel so guil ty	2 x 8		Seated Attack	1/1			
24.48	Upbeat	creat ures I've been	8 x 8	Attack 3	Power Race	1/1	<u> </u>	V Hard	
25.10	Inst	[low melody]	8 x 8	/ teach o	Time Trial	1/1	$\underline{\mathbf{V}}$	Mod/Hard	Reduce a little to take us to the last round.
25.32	Verse	I was break ing	2 x 8		Standing Attack	1/1	77	Hard	Last one.
25.38		I'm in no state	2 x 8		Seated Attack	1/1			Heavy and down.
25.44		scratching itch es	2 x 8		Standing Attack	1/1	77	Hard	
25.49		I can't wait	2 x 8		Seated Attack	1/1			
25.55	Upbeat	creat ures I've been	8 x 8		Power Race	1/1	7	V Hard	Breathless finish.
26.16	Bridge	[fades]			Seated Easy	1/2			

con	tinued				Crush			
26.39	Outro	the night mares	16 x 8	Attack 3 cont'd	Seated Recovery	1/4	V	Let the legs roll over smooth.
Do at	Tue els Mais		+anas l-	win ar		foutalala	wall.	
Post	rack: Main	tain working resis	tance, b	ring your cader	ice back to a com	rortable	PIOII.	

5. Race Endurance 1/1 = 130rpm

Hide & Seek (Tiesto's ISOS Remix) Imogen Heap

8.29min

AS

Track Focus: I want riders to find their expression of race pace through the use of a peronal pace measure.

	The	Engineer		The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
27.41	Intro	[soft beat]	8 x 8		Seated Recovery	1/4			3 rounds. Your pace is YOUR PLACE.
28.10		[hi-hat]	4 x 8	Set-Up	Seated Easy	1/2+	\circ	Easy	Finding a relaxed start.
28.25		[low bassline]	12 x 8	Set-Op	Easy Racing	3/4		Easy/Mod	
29.09		[low melody]	8 x 8		Racing	PP			
29.39	Verse	where are we	8 x 8		Seated Easy	1/2+		Easy	A calm mind.
30.08		spin me 'round	8 x 8				7	Easy/Mod	Enough load to feel the muscles engage.
30.38	Chorus	oil y marks	8 x 8	Race 1	Easy Racing	3/4	<u> </u>	Mod	Long and fast.
31.08		[soft melody]	8 x 8	Nace i		PP	7	Mod/Hard	You go towards your race tempo.
31.37	Reprise	hide and seek	8 x 8					Hard	Working to hold your pressure.
32.07	Verse	oil y marks	8 x 8		Easy Racing	1/2+		Mod	You'll find a little recovery by slowing down.
32.36	Inst	[synth melody]	8 x 8		Racing	PP		Mod/Hard	
33.05		[soft melody]	8 x 8	Race 2	Time Trial	PP	7	Hard	Slide inside. Slip ahead.
33.20	Bridge	hide and seek	8 x 8		Seated Recovery	1/4+		Easy	
33.50	Inst	[soft melody]	8 x 8		Seated Easy	1/2+			Gently.
34.19		hide and seek	8 x 8		Seated Easy	3/4	7	Easy/Mod	Building what you need.
34.49		[big melody]	8 x 8	Race 3	Racing	PP	7	Mod	
35.19		[fading melody]	8 x 8				7	Hard	Your magic minute.
35.48	Outro	[low beat]	4 x 8		Time Trial	PP		V Hard	Lock it inside, hold it 30 seconds.
			-	<u> </u>					

continued	Hide & Seek (Tiesto's ISOS Remix)					
Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.						



Track Focus: I want riders to feel a hard working pressure in the Power Attack position.

	The I	Engineer			The Ath	The Coach			
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
36.19	Intro	[reggae beat]	4 x 8	Set-Up	Seated Recovery	1/4			3 BIG ROUNDS.
36.31	Verse	do not burn girl	8 x 8		Seated Easy	1/2+	0	Easy	Enough resistance to feel control.
36.53	Pre-Chorus	[heavy synth]	4 x 8			3/4	1	Mod	Feel where the load pushes back.
37.04		[building synth]	4 x 8			3/4+			We are on the move.
37.15	Chorus	[big synth]	4 x 8		Power Attack	1/1	7	Mod/Hard	Turn, rise, run.
37.26		[big synth]	4 x 8	Power 1	Power Race	1/1		Hard	Sit. Grind.
37.37	Inst	[heavy horns]	8 x 8	FOWCIT	Power Race	1/1	7	V Hard	
37.59	Chorus	[big synth]	4 x 8		Power Attack	1/1	7	Hard	Top and Tail.
38.10		[big synth]	4 x 8		Power Race	1/1		V Hard	
38.21	Reprise	do not burn girl	8 x 8				7	V V Hard	30 seconds to your first break.
38.43	Bridge	[fades]	4 x 8		Seated Easy	1/2+	lacksquare	Easy	Turn down the insanity.
38.54	Verse	do not burn girl	4 x 8		Seated Easy				
39.05		no do not burn	4 x 8			3/4+	<u> 1</u>	Mod/Hard	Bring on what you took off.
39.16	Chorus	[big synth]	4 x 8		Power Attack	1/1	71	Mod/Hard	Double header. Let's Go.
39.27		[big synth]	4 x 8	Power 2	Power Race	1/1	_	Hard	In the saddle, now work.
39.38		[heavy horns]	8 x 8	1 00001 2	Power Race	1/1	7	V Hard	Tune to perfection.20 seconds.
40.00	Chorus	[big synth]	4 x 8		Power Attack	1/1	71	Hard	Attack to the break.
40.11		[big synth]	4 x 8		Power Race	1/1	_	V Hard	
40.22	Reprise	do not burn girl	8 x 8		Power Race	1/1	7	V V Hard	Take yourself to breathless.

continued	Bonfire

40.44	Bridge	[fades]	4 x 8	Power 2 cont'd	Seated Easy	1/2+	$oldsymbol{\Psi}$	Easy	Let it go get your air back in
40.55	Verse	do not burn girl	4 x 8						
41.06		no do not burn	4 x 8						
41.17	Chorus	[big synth]	4 x 8		Power Attack	1/1	7	Mod/Hard	Get up, get out. go HARD
41.28		[big synth]	4 x 8	Power 3	Power Race			Hard	Sit. Drive forward.
41.40		[heavy horns]	8 x 8	POWEI 5	Power Race		7	V Hard	C'mon you're so close.
42.01	Chorus	[big synth]	4 x 8		Power Attack	1/1	7	Hard	Finish with your best.
42.12		[big synth]	4 x 8		Power Race			V Hard	
42.24	Reprise	do not burn girl	8 x 8		Power Race		7	V V Hard	Fight for the finish. Breathless.

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll as you approach your final PEAK.

6.47min

Track Focus: I want riders to feel the exhileration of their final peak track.

	The	Engineer		The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
43.08	Intro	[low beat]	8 1/2 x 8	Set-Up	Seated Recovery	1/4			3 peaks, each with 3 levels to climb.
43.41	Verse	_think I can fly	8 x 8		Seated Easy	1/2+	O		Find a steady base of support.
44.14	Pre-Chorus	I want to run away	4 x 8		Seated Climb	3/4	$oldsymbol{\Lambda}$	Easy/Mod	Slip your climbing pressure back on.
44.29		just you and I	4 x 8			3/4+			Moving closer to pace.
44.44	Chorus	[big beat]	4 x 8	Peak 1	Standing Climb	1/1	7	Mod/Hard	Gear 1. Open and rise.
44.59		[big beat]	4 x 8				7	Hard	Gear 2 takes your breathe away.
45.14		[big beat]	4 x 8				7	V Hard	Gear 3 let's you fly.
45.29		[fades]	2 x 8		Standing Recovery	1/2			Walk to recover.
45.37	Verse	_l wanna run	4 x 8		Seated Climb	1/2+	$oldsymbol{\Psi}$	Easy/Mod	Sit and reduce to find that calm place.
45.52		_I know that I'm	4 x 8						
46.07	Pre-Chorus	I want to run away	4 x 8		Seated Climb	3/4	lack	Easy/Mod	If you want to runaway, show it.
46.22		just you and I	4 x 8	Peak 2		3/4+			Prep for your second.
46.37	Chorus	[big beat]	4 x 8	P CdR 2	Standing Climb	1/1	7	Mod/Hard	Part 1 is uncomfortable.
46.52		[big beat]	4 x 8				7	Hard	Number 2 is a challenge.
47.07		[big beat]	4 x 8				7	V Hard	Number 3 has the reward at the top.
47.22		[fades]	2 x 8		Standing Recovery	1/2		Easy	
47.29	Verse	_I wanna run	4 x 8		Seated Climb	1/2	lacksquare	Easy/Mod	Sit, reduce.
47.44		_I know that I'm	4 x 8	Peak 3					Last round.
47.59	Pre-Chorus	I want to run away	4 x 8		Seated Climb	3/4	个	Easy/Mod	It's what you do now that matters.

Galantis

Runaway (U & 1) (Quintino Remix)

... continued

48.14		just you and I	4 x 8			3/4+			Bring me your best effort.
48.29	Chorus	[big synth]	4 x 8		Standing Climb	1/1	7	Mod/Hard	90 seconds of PURE MAGIC.
48.44		[big synth]	4 x 8	Peak 3 cont'd			7	Hard	Breathing is hard.
48.59		[big synth]	4 x 8				7	V Hard	This is your biggest.
49.14		[melody]	8 x 8		Power Attack	1/1+		V V Hard	Finish with your best!! Surge the peak.

Post Track: Reduce working resistance, bring your cadence back to a comfortable roll and move back to the saddle for the Ride Home.

Cool Again Kane Brown ft Nelly

3.43min



Track Focus: I want riders to use this track to bring themself back to calm and celebrate a great workout.

	The	Engineer			The Ath	The Coach			
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
50.12	Intro	[plucky guitar]	2 x 8	Set-Up	Seated Recovery	1/4			
50.23	Verse	I've been thinking	4 x 8		Seated Easy	1/2+	\supset		Time to ride it home.
50.44	Chorus	be cool again	4 x 8	Ride Home 1	Easy Racing	PP		Easy	
51.06	Bridge	[plucky guitar]	1 x 8		Seated Easy	3/4			
51.11	Verse	do you ever	4 x 8			1/2+			
51.32	Chorus	be cool again	4 x 8	Ride Home 2	Easy Racing	PP		Easy	Relaxed on the bars.
51.54	Bridge	[plucky guitar]	1 x 8		Seated Easy	3/4			
51.59	Verse	do you ever	4 x 8	Ride Home 3		1/2+			
52.20	Chorus	be cool again	4 x 8	Ride Home 5	Easy Racing	PP		Easy	Last one.
52.42	Reprise	yo, cool again	4 x 8	Stretch	Transition	STOP			
52.52	Verse	I need you so	4 x 8		CHEST OPENER	N/A			
53.03	Bridge		1 1/4 x 8						
53.09	Chorus	be cool again	4 x 8		TWIST L	N/A			
53.30	Outro	[melody]	4 x 8		TWIST R	N/A			

continued	Cool Again				
Post Track: Celebrate an amazing workout.					