

ASOIR

A STATE OF RIDE
RELEASE 6

ASOR 6

A STATE OF RIDE

1	Warm-Up	Be Kind (Surf Mesa Remix) Marshmello ft Halsey
2	Pace Intervals	All night (Chico Rose Extended Remix) Afrojack
3	Climbing	Cimena (Skrillex Remix) Benny Benassi
4	Attacks	Higher Sigma ft Labrinth
5	Race Endurance	Innerbloom Rufus Du Sol
6	Power	Watch It Burn Camo & Crooked
7	Peak	Blah Blah Blah (Bassjacking Remix) Armin Van Buuren
8	Ride Home	A Thousand Faces Don Diablo ft Andy Grammar

Credits

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Filmed at The ASOR Bunker, Sydney. Australia

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1. Warm-Up 1/1 = 113rpm

Be Kind (Surf Mesa Remix)
Marshmello ft Halsey

4.45min



Track Focus: I want to use this track to bring my riders into the workout with it's relaxed, bright and fun feel.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Adjustments or Cues
01:06	Intro	wanna believe	4 x 8	Set-Up	Seated Recovery	1/4			Find your comfortable spot on the saddle
01:22		_i know you're	2 x 8						
01:31	Pre-Chorus	where you hide	4 x 8	Warm-Up 1	Seated Easy	1/2		Easy	Introduce a working pressure.
01:48		ahhh	4 x 8						
02:05	Chorus	[melodic synth]	8 x 8						
02:39	Bridge		1/2 x 8	Warm-Up 2	Racing	3/4		Mod	Check your body.
02:41	Verse	it's hard for you	4 x 8						
02:56	Pre-Chorus	where you hide	4 x 8						
03:13		ahhh	4 x 8	Warm-Up 3	Racing	1/2+		Easy	Feel a little more push at the front of the foot.
03:30	Chorus	[melodic synth]	8 x 8						
04:04	Bridge		1/2 x 8						
04:06	Verse	it's hard for you	4 x 8	Warm-Up 3	Seated Easy	1/2+		Easy	Make it smooth.
04:21	Pre-Chorus	where you hide	4 x 8						
04:38		ahhh	4 x 8						
04:55	Chorus	[melodic synth]	8 x 8	Warm-Up 3	Racing	1/2+		Mod	Option 1/1
05:29	Outro	[fading synth]	2 x 8						
					Seated Easy	1/2			

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Be Kind (Surf Mesa Remix)

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

2. Pace Intervals 1/1 = 124rpm

All Night (Chico Rose Extended Remix)
Afrojack ft Ally Brooke

6.25min



Track Focus: I want to feel their intensity increase in the pace efforts before heading to the climbs.

The Engineer				The Athlete					The Coach		
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Adjustments or Cues		
05:49	Intro	[hi hat]	8 x 8	Set-Up	Seated Easy	1/2	○		Connect to your legs.		
06:20		[soft melody]	8 x 8			1/2+					
06:51	Verse	out of my mind	4 x 8	Pace 1	Seated Easy	1/2	↗	Easy	Building just a little more speed.		
07:07		bout the way	4 x 8								
07:22	Pre-Chorus	_we're in it together	8 x 8		Easted Easy	1/2+		↗		Mod	
07:53	Chorus	[big melody]	8 x 8		Racing	3/4	↗	Mod	Accelerate up to the beat.		
08:24	Verse	_where have you	4 x 8	Pace 2	Seated Easy	1/2	↗	Easy	Let your effort come back.		
08:40		bout the way	4 x 8			1/2					
08:55	Pre-Chorus	_we're in it together	8 x 8		Seated Easy	1/2+		↗		Mod	
09:26	Chorus	[big melody]	8 x 8		Racing	3/4	↗	Mod	Move up to 1/1 for last 4 x 8		
09:57	Verse	_where have you	4 x 8	Climb 1	Seated Easy	1/2	↗	Easy	Establish climbing load.		
10:12		bout the way	4 x 8		Seated Climb	1/2		↗		Mod	
10:28	Pre-Chorus	_we're in it together	8 x 8		Seated Climb	1/2		↗		Mod	
10:59	Chorus	[big melody]	8 x 8		Standing Climb	1/2		↗		Hard	Find your flow out of the saddle.
11:30	Reprise	[softer melody]	8 x 8		Standing Climb	1/2				Hard	Focused and in control to the top.

Post Track: Maintain working resistance, bring your cadence back to a comfortable pace. Stay out of the saddle to head into your climbs..

3. Climbing 1/1 = 72rpm

Cinema (Skrillex Remix)

Benny Benassi

7.15min

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Track Focus: I want my riders to feel strong with climbing efforts in and out of the saddle.

The Engineer				The Athlete					The Coach	
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Adjustments or Cues	
12:15	Intro	[low beat]	4 x 8	Set-Up	Standing Recovery	1/4		Easy	Carry what you have from track 2.	
12:28	Verse	_I could watch	8 x 8	Climb 1	Seated Easy	1/2+	○	Mod	Feels ok? Make the muscles work	
12:54	Pre-Chorus	_you are a cinema	8 x 8		Seated Climb	1/2+	↗			
13:21		[rap]	4 x 8		Seated Climb	3/4				
13:34	Chorus	[big synth]	16 x 8		Standing Climb	1/1	↗	Hard		3 load adjustments available
14:27	Reprise	_stars spell out	8 x 8		Power Climb	1/1		V Hard		Hard effort in the saddle.
14:54	Verse	_you are a cinema	4 x 8	Climb 2	Standing Recovery	1/2	↓	Easy	Walk it out, breathe and stretch	
15:07	Pre-Chorus	_you are a cinema	4 x 8		Seated Climb	1/2+	↗	Mod		
15:20		[rap]	4 x 8			3/4				Closer to climbing pace.
15:33	Chorus	[big synth]	16 x 8		Standing Climb	1/1	↗	Hard		3 Gears to go.
16:26	Reprise	_stars spell out	8 x 8		Power Climb	1/1		V Hard		Hold what you can.
16:53	Verse	_you are a cinema	4 x 8	Climb 3	Standing Recovery	1/2	↓	Easy	Find a little recovery.	
17:06	Pre-Chorus	_you are a cinema	4 x 8		Seated Climb	1/2+	↗	Mod		Back in the game, back on the climb
17:19		[rap]	4 x 8			3/4				We are back at zero, one more time.
17:32	Chorus	[big synth]	16 x 8		Standing Climb	1/1	↗	Hard		Very Hard is VERY close.
18:26		_you are a cinema	8 x 8		Power Climb	1/1		V Hard		Sit, Drive. Redjust if needed.
18:52	Outro	[fading vocal]	8 x 8		Attack	1/1+	↗	VV Hard	Attack the top, in or out. GO	

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Cinema (Skrillex Remix)

ASOR 6
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Post Track: Maintain working resistance, use the Standing Recovery to compose yourself.

Track Focus: I want to feel the explosiveness of the attack efforts both is and out of the saddle

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Adjustments or Cues
19:30	Intro	[hum]	4 x 8	Set-Up	Seated Recovery	1/4	○		
19:42	Verse	I have given	8 x 8		Seated Easy	1/2		Easy	Settled before the storm.
20:04	Pre-Chorus	even when you	8 x 8			1/2+	↗		Air into the lungs.
20:26	Chorus	what is love	4 x 8	Attack 1	Standing Attack	1/1	↗	Mod	Attacking move is on now.
20:38		never see how	4 x 8		Seated Attack	1/1		Hard	Drive back and down
20:49		_higher, higher	8 x 8		Time Trial	1/1	↗	Hard	Inside and forward.
21:11	Bridge	[hmm, hmm]	2 x 8		Seated Easy	1/2	↓	Easy	
21:17	Verse	take my heart	8 x 8			1/2+	↗	Mod	Find your recovery pace.
21:39	Chorus	what is love	4 x 8	Attack 2	Standing Attack	1/1	↗	Hard	Pressure and position.
21:51		never see how	4 x 8		Seated Attack	1/1		Hard	Long drive.
22:02	Reprise	_higher, higher	8 x 8		Time Trial	1/1	↗	V Hard	
22:24	Bridge	[hmm, hmm]	2 x 8		Seated Easy	1/2	↓	Easy	
22:30	Verse	take my heart	8 x 8			1/2+			
22:52	Pre-Chorus	even when you	8 x 8	Attack 3		3/4	↗	Mod	Bring your load back up.
23:15	Chorus	what is love	4 x 8		Standing Attack	1/1	↗	Hard	Set Hard and Go.
23:26			4 x 8		Seated Attack	1/1		Hard	Lock down. Seated and Long.
23:37	Reprise	_higher, higher	8 x 8		Time Trial	1/1	↗	V Hard	Slip ahead. OPTION: 1/1+
24:00	Bridge	[hmm, hmm]	2 x 8	Attack 4	Seated Easy	1/2	↓	Easy	
24:06	Verse	take my heart	8 x 8			1/2+	↗	Mod	Last effort ahead. Be deliberate here.

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Higher

24.28	Chorus	what is love	4 x 8	Attack 4 cont'd	Standing Attack			Hard	Hard Up.
24.39		never see how	4 x 8		Seated Attack	1/1		Hard	Powerful Down.
24.50	Reprise	_higher, higher	8 x 8		Time Trial	1/1		V Hard	OPTION: 1/1+
25.12	Outro		2 x 8		Seated Easy	1/2		Easy	Let it roll.

Post Track: Reduce working resistance. Find your easy position on the bike.

Track Focus: I want to feel the extended race efforts by gradually increasing pace towards the work.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Adjustments or Cues
25.29	Intro	[low synth]	16 x 8	Set-Up	Seated Recovery	1/2			
26.32		[low beat]	8 x 8	Race 1	Seated Easy	1/2+	○	Easy	Find a calm place and pace.
27.03	Verse	feels like i'm	8 x 8			3/4	↗		
27.34	Chorus	so free my mind	8 x 8		Racing	3/4+	↗	Mod	A little closer.
28.06		[inst]	8 x 8		Racing	1/1		Hard	Race Pace. Your personal top pace.
28.37		[fades]	8 x 8		Seated Recovery	1/2	↓		Take a moment.
29.09	Verse	[low melody]	8 x 8	Race 2	Seated Easy	1/2+		Easy	Hold back the rush.
29.40		feels like i'm	8 x 8			1/2+	↗	Mod	
30.12	Chorus	so free my mind	8 x 8		Racing	1/1	↗	Hard	Express your acceleration.
30.43		[fades]	8 x 8		Seated Recovery	1/2	↓	Easy	
31.15	Verse	[horn synth]	8 x 8			1/2			Feel where the work meets your desire.
31.46		if you want me	8 x 8		Seated Easy	1/2+	↗	Mod	Building race pressure.
32.18	Pre-Chorus	if you want me	8 x 8	Race 3		3/4			Edging ahead.
32.49	Chorus	[melodic beat]	8 x 8		Racing	1/1	↗	Hard	Race Pace.
33.21		[soft synth]	8 x 8		Racing	1/1+		V Hard	Don't wait for it, take your chance.
33.52	Outro	if you want me	12 x 8		Seated Easy	1/2			Well done. Celebrate this one.

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

6. Power Intervals 1/1 = 87rpm

Watch It Burn
Camo & Crooked

6.58min








Track Focus: I want to feel the harder work in the saddle after a short surge. Position is power.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
35.06	Intro	[hi-hat]	8 x 8	Set-Up	Seated Recovery	1/4			
35.29		[soft vocal]	8 x 8		Seated Easy	1/2	○		Find where the load meets your muscles.
35.51	Verse	_I don't really	8 x 8			3/4	↗	Easy	
36.13	Chorus	watch it burn	4 x 8	Power 1	Standing Attack	1/1	↗	Mod	Moving out
36.24		watch it burn	4 x 8		Seated Attack	1/1		Hard	
36.35		watch it burn	4 x 8		Standing Attack	1/1	↗	Hard	Readjust and rise.
36.46		watch it burn	4 x 8		Seated Attack	1/1			
36.57	Reprise	I don't wanna do	8 x 8		Power Race	1/1		V Hard	OPTION: 1/1+
37.19		[soft melody]	4 x 8		Seated Recovery	1/2	↓	Easy	Release and recovery.
37.30		[building]	4 x 8		Seated Easy	3/4	↗		Bring it all back. 2 bites.
37.41	Chorus	watch it burn	4 x 8	Power 2	Standing Attack	1/1	↗	Mod	Hold pressure and fight.
37.52		watch it burn	4 x 8		Seated Attack	1/1		Hard	
38.03		watch it burn	4 x 8		Standing Attack	1/1	↗	Hard	The fight is in the feeling.
		watch it burn	4 x 8		Seated Attack	1/1			
38.25	Reprise	I don't wanna do	8 x 8		Power Race	1/1		V Hard	OPTION: 1/1+
38.48		watch it burn	4 x 8		Seated Recovery	1/2	↓	Easy	Bring it back.
38.59		[building]	4 x 8	Power 3	Seated Easy	3/4	↗		On the move.
39.10	Chorus	watch it burn	4 x 8		Standing Attack	1/1	↗	Mod	Make the jump.
39.21		watch it burn	4 x 8		Seated Attack	1/1		Hard	

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Watch It Burn

39.32		watch it burn	4 x 8		Standing Attack	1/1		Hard	
		watch it burn	4 x 8	Power 3 cont'd	Seated Attack	1/1			
39.54	Reprise	I don't wanna do	8 x 8		Power Race	1/1		V Hard	OPTION: 1/1+
40.16		watch it burn	4 x 8		Seated Recovery	1/2		Easy	
40.27		[building]	4 x 8		Seated Easy	3/4			
40.38	Chorus	watch it burn	4 x 8		Standing Attack	1/1		Mod	Hustle is on.
40.49		watch it burn	4 x 8	Power 4	Seated Attack	1/1		Hard	
41.00		watch it burn	4 x 8		Standing Attack	1/1		Hard	Move the needle into the red.
41.11		watch it burn	4 x 8		Seated Attack	1/1			
41.22	Reprise	[Inst]	8 x 8		Power Race	1/1+		V Hard	Peak Power Race.
41.44	Outro		4 x 8		Seated Easy	3/4		Easy	Slow the legs.

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll as we move towards our PEAK.

7. Peak 1/1 = 66rpm

Blah Blah Blah (Bassjackers Remix)

Armin Van Buuren

7.46min



Track Focus: I want my riders to explore their top level training peak in at least 1 of the 3 efforts.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
42.06	Intro	[low beat]	4 x 8	Set-Up	Seated Recovery	1/2			
42.20		[deep bass]	4 x 8		Seated Easy	1/2+	○	Easy	
42.35		all we ever hear	4 x 8		Seated Easy	1/2+			Open your body.
42.49		all we ever hear	4 x 8			3/4			
43.04	Pre-Chorus	[building]	4 x 8		Seated Climb	3/4	↗	Mod	
43.20		[beat]	4 x 8			3/4+			Closing in.
43.35	Chorus	[big melody]	4 x 8	Peak 1	Standing Climb	1/1	↗	Hard	Lift. Open your body.
43.49		[big melody]	4 x 8			1/1	↗		Gear 2.
44.03		[big melody]	4 x 8		Seated Climb	1/1		Hard	This should feel deliberately heavy.
44.18		[big melody]	4 x 8		Standing Climb	1/1	↗	V Hard	Stand. Highpoint.
44.33	Bridge	[fades]	1 x 8		Standing Recovery	1/2			Recover tall.
44.36		[drum roll]	4 x 8		Seated Easy	1/2	↓	Easy	Sit and release.
44.51		all we ever hear	4 x 8			1/2+			
45.06		[synth]	4 x 8		Seated Climb	3/4	↗	Mod	Feel the road pitch up underneath.
45.20		all we ever hear	4 x 8	Peak 2	Seated Climb	3/4+	↗		Closer to the climbing beat.
45.34		[dramatic synth]	5 x 8			3/4+			
45.53	Chorus	[big melody]	4 x 8		Standing Climb	1/1	↗	Hard	Pressure to push.
46.07		[big melody]	4 x 8			1/1	↗		Settle back away from the bars.
46.22		[big melody]	4 x 8		Seated Climb	1/1		Hard	

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Blah Blah Blah (Bassjackers Remix)

46.36		[big melody]	4 x 8	Peak 2 cont'd	Standing Climb	1/1	↗	V Hard	Lights out.
46.51	Bridge	[fades]	1 x 8		Standing Recovery	1/2			
46.55		[drum roll]	4 x 8		Seated Easy	1/2	↓	Easy	Reconnect to your breath.
47.09		all we ever hear	4 x 8			1/2+			Focus on your why, right now.
47.24	Pre-Chorus	[synth]	4 x 8		Seated Climb	3/4	↗	Mod	
47.39		all we ever hear	4 x 8		Seated Climb	3/4+	↗		Hips back. Mind strong.
47.53		[dramatic synth]	5 x 8			3/4+			Get Ready.
48.11	Chorus	[big melody]	4 x 8	Peak 3	Standing Climb	1/1	↗	Hard	Last one.
48.26		[big melody]	4 x 8				1/1	↗	
48.40		[big melody]	4 x 8		Seated Climb	1/1		Hard	Lock it down. The challenge is to hold.
48.55		[big melody]	4 x 8		Standing Climb	1/1	↗	V Hard	You've dug the hole, now climb out of it.
49.09		[low melody]	4 x 8		Seated Climb	1/1			Compose yourself. OPTION: reduce load.
49.24	Outro	[low beat]	4 x 8		Attack	1/1+	↗	VV Hard	OPTION: Standing or Seated Attack.

Post Track: Back off your working resistance. Find yourself in Seated Recovery.

8. Ride Home 1/1 = 97rpm

Thousand Faces Don Diablo ft Andy Grammar

4.22min



Track Focus: I want to feel the joy of an effort well done and to find a happiness inside to bring themselves home.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
49.54	Intro	there's a thous and	2 x 8	Set-Up	Seated Recovery				
50.04	Verse	I still remember	4 x 8	Ride Home 1	Seated Easy	1/2+	○	Easy	
50.24	Pre-Chorus	I've come so far	2 x 8		Seated Easy	3/4			
50.34	Chorus	a thous and faces	4 x 8			3/4+	↗		
50.54		[piano]	4 x 8		Racing	1/1		Mod	
51.14	Verse	pictures can't	4 x 8	Ride Home 2	Seated Easy	1/2+	↓	Easy	Let the load fill the legs. Come back to that easy place. Revisit your technique.
51.34	Pre-Chorus	I've come so far	2 x 8		Seated Easy	3/4			
51.44	Quiet Chorus	a thous and faces	4 x 8			3/4+	↗		
52.03	Chorus	[piano]	4 x 8		Racing	1/1		Mod	
52.23	Verse	pictures can't	4 x 8	Ride Home 3	Seated Easy	3/4	↓	Easy	Enough load to add control at a standstill. Gently bring it home.
52.43	Pre-Chorus	I've come so far	2 x 8		Seated Recovery	1/2+			
52.53	Quiet Chorus	a thous and faces	4 x 8		Upright Twist L	N/A	↑	N/A	
53.13	Chorus	[piano]	4 x 8		Upright Twist R	N/A			
53.32	Reprise	a thous and faces	2 x 8		Seated Easy	1/2+		Easy	
53.42	Outro	a thous and faces	2 x 8	Seated Easy	1/2				

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Thousand Faces

ASOR 6
A STATE OF RIDE

Post Track: Your ASOR experience is complete. Well done.