



## Indoor Cycle Instructor PROfile

### *A Little Bit of Everything*

Created By: Dennis Mellon  
Training Type: Varied  
Working HR and Wattage Zones: 3-5  
Total Class Length: 60 Minutes

#### **Ride Profile:** “A Little Bit of Everything”.

This is my “Go To” profile. This workout, like the title says, is a little bit of everything. Riders will work on all energy systems and all types of riding. At some point in this workout every rider will work on both their strengths and weaknesses. The ride will start with a warm-up followed by a Threshold Check. The first set will be a longer “around threshold” ride. In the second set riders will perform three, 2-3 minute, “above threshold” intervals. The Third Set is a sustained “Race” effort. The workout will conclude with three 1 minute max efforts.

#### **Cueing Definitions:**

Flat and Fast - Cadence of 80-110rpm, mostly seated  
Seated Climb - Cadence of 60-80rpm, mostly seated  
Standing Climb - Cadence of 60-80rpm, mostly standing  
Threshold Wattage - Maximum Sustainable Wattage  
Threshold Heart Rate - Maximum Sustainable Heart Rate  
Perceived Exertion Threshold: On a scale of 1-10, with 10 being Max, 8 is Threshold.

#### **Workout:**

Pre-Workout Song: Little Bit of Everything by Keith Urban (3:16)

Start this song a few minutes prior to the warm-up as class participants are setting up their bikes and getting read for class. You can even tell the class that the day’s workout is, like the title of the song, “A Little Bit of Everything”.

Warm-up Song: Stubborn Love by The Lumineers (4:39)

The goal of this warm-up is to slowly and steadily increase the intensity to a perceived exertion of 7 out of 10, a HR of 80% of threshold or Zone 2/3 and/or a wattage of 80% of threshold. Increase the resistance a little bit every minute to reach the goal intensity while alternating between seated and standing riding.

Threshold Check: Heart Upon My Sleeve by Avicii (4:40)

This is not a structured threshold test, it’s a time for class participants to dial into their maximum sustainable intensity, or threshold, for the day. Each rider should spin at a cadence of around 80rpm and over the next 4 minutes they should attempt to find a wattage, HR, gear or resistance that is maintainable but very challenging. Remind riders to be aware of their intensity numbers but don’t get too attached to them because they can change throughout class. Use the last 40 seconds of this song as a quick recovery.

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### **Set #1 - Around Threshold effort**

This set will last about 13 minutes and should be ridden very close to the intensity numbers found in the Threshold Check.

Best I Ever Had by Gavin DeGraw (3:46)

The first song of this set will focus on flat and fast riding with a cadence of 90-110rpm and an intensity around threshold. Nothing special in this first song, just hard work on a flat road.

Lay Me Down by Avicii (5:00)

This song will work on a mix between seated and standing climbing at a cadence of 70-80rpm and an intensity of around threshold. Throughout this 5 minute song have riders stand and climb for the first 15 seconds of each minute followed by seated climbing for the next 45 seconds. The goal should be to keep intensity and cadence steady throughout the 5 minutes. Remind riders to get the most out of their body, have them go more intense if possible but never so intense they are going to need to rest before they reach the top.

Can't Hold Us by Macklemore (4:18)

The final song of this set will be a standing climb with a cadence of 60-80rpm and an intensity that will start around threshold and finish above. The first 2 minutes of this song is a standing climb around threshold intensity. After 2 minutes take a short 15 second break and prepare for the final ride to the top. Have riders hold a slightly above threshold intensity over the last 2 minutes, a small change in intensity at this point should take them very close to their max within this final 2 minutes.

**Recovery** - Good Life by OneRepublic (4:13)

Take 2-3 minutes to recover at a very low intensity. When the class is ready to continue skip to the next song.

### **Set #2 - Above Threshold Work**

This set will consist of three songs and participants will perform 3 efforts at an above threshold intensity followed by 1:00-1:30 minute recovery. By now each rider should be aware of what their maximum sustainable effort is for the day. These intervals should be done above that effort. These are very intense intervals, so let the class know that it is acceptable to back off or change their riding style at any point to finish each interval.

Hey Brother by Avicii (4:15)

3 minutes Flat and Fast with a cadence of 80-110rpm at an intensity of above threshold followed by recovery for the rest of the song.

Royals by Lorde (3:10)

2 minutes Seated Climb with a cadence of 60-70rpm at an intensity of above threshold followed by recovery for the rest of the song. Be aware that some participants may be uncomfortable with this heavy resistance slow cadence interval. Have them ride closer to 80rpm with a slightly lighter resistance.

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Every Little Bit by Gavin DeGraw (3:37)

3 minutes Standing Climb with a cadence of 60-80rpm at an intensity of above threshold followed by recovery for the rest of this and some of the next song.

**Recovery** - As I Was Saying by Jack Johnson (3:46)

Take 2-3 minutes to recover at a very low intensity. When the class is ready to continue skip to the next song.

### **Set #3 - Race to the Top**

This is a race simulation effort that will last about 11 minutes. If your facility has tracking software like Performance IQ use it now and I guarantee you will get the most out of your class. This set is very simple, you want each rider to go as hard as possible over the next 3 songs. As the instructor your job is to be the coach each rider to get the most out of their body. Imagine your are the team director talking into the earpiece of each rider as they are trying to complete an uphill time trial.

Counting Stars by OneRepublic (4:17)

4:17 of Flat and Fast Riding with a cadence of 80-110rpm at the highest possible intensity knowing it's 11 minutes to the top. Let class participants know it's fine to get out of the saddle or change cadence in order to stay "comfortable" and keep as much power to the pedals as possible.

Drive By by Train (3:17)

3:17 of mostly Seated Climbing with a cadence of 60-80rpm at the highest possible intensity knowing there is still 7 minutes to the top. Change position and cadence as needed.

Walking On Air by Katy Perry (3:42)

3:42 of mostly Standing Climbing with a cadence of 60-80rpm to the top. Keep them focused and be a cheerleader help them get the most out of their body as they climb to the top.

**Recovery and Final Interval Set** - Proper Education (Club Mix) by Eric Prydz (6:09)

Use the first 1:50 of the song for recovery. Then prepare the class for three 1 minute above threshold efforts, if possible, with 30 second recovery after each. I music map to this song, the first two pick ups are obvious, you will need to time the final recovery and pickup. You can do these three efforts in any riding style you would like, but recover by standing.

**Cool Down** - Free Life by Dan Wilson (4:55)

Perform you normal cool down