



Indoor Cycle Instructor PROfile Double Pyramid Intervals

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Training Type: All levels -- beginner friendly
Cycling Specificity: Understanding Intensities without Power
Total Class Length: 60 minutes

Double Pyramid Intervals

I love teaching pyramid profiles in my classes and I find that it's a ride that I return to again and again. The idea of the pyramid is quite simple and there are many different ways to create profiles using the basic premise.

With this particular profile, we are riding two pyramids with recoveries at the top and then again between each pyramid. If you have never used a pyramid profile before, you will notice that as you climb the pyramid, the timing of the intervals increases, until you reach the top and then as you descend, the timing decreases.

If you are able to, I always find it helpful to create a visual for your riders so that they can follow along – *see the profile graphic included with the Profile.*

The music can easily be changed out in this profile to incorporate your favorites, but I've used some of my favorite songs of the summer here in this profile. I hope you enjoy it!

Download the [Spotify playlist here](#).

(SONGS 1 & 2- WARM UP) Warm up: Whatever Forever by The Mowgli's (3:14)

This song will be our seated warm up. We are warming up the legs and beginning to get our heart rates up. This is the time to explain the profile to your riders and give reminders about good form. I always like to mention when recoveries are going to happen so that riders have an idea of how hard they'll need to work before they can recover.

Warm up: Ex's & Oh's by Elle King (3:22)

During this second song, which is a continuation of the warm up, I like to start to get riders out of the saddle for a bit. We're not using too much gear at this point, just getting our legs underneath us for our standing work ahead.

We are now ready to take on our first pyramid. The length of this pyramid is approximately 15 minutes not including recovery.

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Here are the songs that are included in this interval:

(CLIMBS) Fight Song by Rachel Platten (3:24)
Go Big or Go Home by American Authors (2:49)
New Rush by Gin Wigmore (3:49) *Use the final 2:30 of this song as your recovery. (FLATS)
Candyman-RedOne Mix by Christina Aguilera (3:19)
I Got the Feelin Now by Eric Hutchinson (4:13) Nightingale Song by Toad the Wet Sprocket (2:02) *Recovery song

Our first block of work is made up of two 30 second intervals. The entire block is 1 minute. The first 30 seconds is a seated climb. In the second 30 seconds, we will continue the climb, add a bit more gear and pick up the cadence a bit (accelerating on a hill).

The second block is 45 second intervals. This entire block is 1 minute and 30 seconds. The first 45 seconds will be a seated climb and then we will bring it in and out of the saddle for the second 45 seconds for jumps on a hill. I like to do jumps on an 8 or a 4 count, but you can use your judgement here.

The third block is 1 minute intervals. This entire block is 2 minutes. The first minute will be a seated climb and the second minute will be a standing climb. Riders should feel that this hill is a bit steeper than in the previous intervals. I encourage riders to use the seated work as a time to grab water, and posture breaks but not to fully recover unless they need to, as there are plenty of recoveries built into the profile.

The final block in our ascent is 1 minute and 30 second intervals. This entire block is 3 minutes long. The first 1:30 is a seated climb and the second 1:30 is jumps on a hill. I typically separate my jumps into two segments with a straight standing climb in between. We made it to the top!

Now we are ready to make our way to the bottom of the pyramid. Take a recovery here to catch your breath and re-group. This next section will feature flat roads and you will notice that the timing starts with the longest intervals first, moving to the shorter work intervals.

The first interval in our descent consists again of 1 minute and 30 second efforts. This entire block is 3:00. The first 1:30 is a seated flat road and in the second 1:30 we pick up the cadence for a fast flat road.

The next block is 1 minute intervals. This entire block is 2 minutes long. The first minute is a standing flat and the second minute is a seated flat.

The next block is 45 second intervals. This entire block is 1 minute and 30 seconds long. The first 45 seconds is a standing flat and the second 45 seconds is a seated flat.

The last block in our descent is 30 second intervals. This entire block is 1 minute. The first 30 seconds is a seated fast flat road and the final 30 seconds is a standing flat.

Once you've completed the first pyramid, you'll enjoy 2 minutes of recovery. Catch your breath here, ride on a nice easy flat road. Stay hydrated and be sure to take plenty of posture breaks. Take some time to physically and mentally prepare for our second pyramid set.

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This next pyramid is a bit different from the first. The timing is different, and we are only doing one movement per block instead of two. It is just a bit shorter, clocking in at approximately 14 minutes, not including recoveries.

As with the first pyramid, as we ascend, we will be climbing and as we descend, we will ride on a flat road.

Here are the songs included in this interval:

(CLIMBS) Ghost Town by Adam Lambert (3:28)

Verge by Owl City, Aloe Blacc (3:33)

*Summertime Blues by Brian Setzer-Recovery

(FLATS) Renegades by X Ambassadors (3:15)

Mona Lisa by Dead Sara (3:14)

*Never Going Back Again by Fleetwood Mac (2:14) *recovery

Let's get started: The first block is a 1 minute standing climb. For the second block, we will be climbing in the saddle for 1 minute and 30 seconds. In the third block, we will again bring it out of the saddle for a 2 minute standing climb. For the final 30 seconds of this climb, add a bit more gear and accelerate. You're almost to the top!

The next block is a 2 minute and 30 second seated climb with an another acceleration to get you to the top in the final 30 seconds. Now that we've reached the top, use the next song as your recovery. You can ride in the saddle for a bit to stretch out the legs. We are still at the top and we about to make our descent.

The first block on the way down is a 2 minute and 30 second seated flat road. The second block is a 2 minute standing flat road.

The next block is a seated fast flat road for 1 minute and 30 seconds and the final block is broken into 2 moves: a 30 second standing flat and a 30 second acceleration in the saddle to finish. Great job! You've completed both pyramid intervals.

Enjoy another well-deserved recovery. We have one more work effort before we finish.

Our final interval, a four minute effort, is going to be a TABATA. Those of you that use TABATA intervals regularly know that this means 8-20 second work efforts followed by 10 seconds of recovery. If TABATA isn't your thing, you can certainly substitute any 'big finish' songs you have in your bag of tricks.

Our final two songs will be our cool down and stretch. Job well done everyone!

Cool down/stretch:

If I'm Lucky by State Champs !!!

Love Will Set You Free by Kodaline