



## Flat Sandwich on the Beach

Created by: Julz Arney, Schwinn® Cycling Lead Master Trainer  
Training Type: Progressive Endurance Builds and High Intensity Intervals  
Total Class Length: 50 minutes

### **Profile Description**

This ride is completed in just three stages of work - Two “Flat Sandwiches” and a simulated run on the beach. The first two stages are the “Flat Sandwiches.” Each sandwich is made up of a hill, a flat, and a hill. They are both approximately 15 minutes long and they are identical in intensity. The first hill is Moderate effort, the flat progresses from Moderate to Hard effort and the second hill moves riders from Hard through to an Anaerobic ending. The goal is to give the second Flat Sandwich equal or better effort and focus than the first. The third and final stage takes riders for a virtual run on the beaches of Southern California, with intervals that are Easy/Moderate, Easy/Hard and ending with riders being allowed to customize their intensity to meet their training needs for the last 4:00 of the stage, all while enjoying the imagery of dolphins as the ultimate training partners swimming parallel to you just 100 meters off shore.

### **Training Objective**

All three stages train for a steady progression of intensity from Easy through to Anaerobic.

### **Warm Up**

Song 1: Wobble by V.I.C. (5:22)

As riders warm up, help them establish the minimum amount of resistance needed to start the ride and an authentic cadence range of 60 – 99 RPM that will be used in the workout. Demonstrate what 60, 70, 80 and 90 RPM look like with your leg speed and practice together. Then, to finish the song, let riders choose the leg speed with resistance that they like best between 70 – 90 RPM.

Give riders an abbreviated version of the “Big Picture” plan for the ride. I say something like this, “This ride is made up of three stages. The first two are 15-minute repeats of a “Flat Sandwich”, which is hill – flat – hill. In both “sandwiches”, the hardest work will happen at the top of the second hill. The third stage is shorter and will be all endurance-based intervals with the opportunity for each rider to customize their own intensity for the last song.”

### **Flat Sandwich #1**

Song 2: Show Goes On in 1901 (MT Mashup) by Lupe Fiasco vs. Phoenix (3:53)

Set riders on a Seated Flat at approximately 80 RPM. Use the energy of the musical builds to ask for gradual increases in resistance while maintaining leg speed to bring riders from Moderate effort to something Comfortable but Challenging. Give riders the imagery of a road that creates a loop. Tell them, “You’ve ridden this loop before and last time you went out waaaaay too hard and while the way out felt good, the way back felt horrible. This time, spread out the work so you have something strong to finish with. Your goal in this song is to Perfect your pedal speed-to-resistance ratio.

## Indoor Cycle Instructor PROFILE

### Song 3: It Will Rain – Club Dance Remix by Party Jumpers (4:16)

Without changing resistance and still in a Seated Flat riding position, accelerate leg speed by 10 RPM to catch the beat of this song. Over the course of 4:00 this should move riders' intensity from Comfortably Challenged to the beginning of Hard work. Encourage riders to give this their competitive effort, but not their finish line effort. Tell them, "Your goal in this song is to perform, and show everyone here your best version of strong riding."

### Song 4: Planetary [GO!] by My Chemical Romance\* (4:06)

This is the second and final hill in the sandwich and it is full of high intensity surges, and it leaves you completely breathless by the end. Use the chorus of the song to get out of the saddle and push to breathlessness. Then, pull back just enough to grab some air and keep driving to the top. Remind riders, "You've had the opportunity to perfect your riding, then the chance to perform for your teammates, now it's time to get up and go!" (The cue of "Get up and go!" is actually in the lyrics of the song and the timing works perfectly to move riders out of the saddle into the high intensity surges.) Use the last :45 of the song for one last all-out surge to Anaerobic.

*\*There is no clean version of this song. To avoid an "F-bomb" dropped on your class, place a strategic, loud cue at 1:22.*

### Song 5: Give It To Me Right by Melanie Fiona (3:34)

Use 2:00 – 3:00 of this song to let riders catch their breath, towel off, drink water, send a text or check email and regroup for Flat Sandwich #2!

## **Flat Sandwich #2**

### Song 6: Beat S&M (Stelmix 5' Mashup) Michael Jackson vs. Rihanna (4:57)

Tell riders, "You've done this before. There are no surprises. Your goal is to do it one more time, either with the same effort or possibly better effort now that you are fully warm and have an understanding of the plan." Get riders out of the saddle for a Standing Climb at approximately 70 RPM. Again use the energy builds in the music to gradually add resistance and move riders' intensity from Moderate to Comfortable but Challenged.

### Song 7: Madness by Muse (4:40)

Cue riders back into the saddle for a Seated Climb and add 5 – 10 RPM without changing the resistance to move riders' intensity from Comfortably Challenged into Hard work by the 2:00 mark. At the end of every 1:00 bring riders out of the saddle to accelerate and bring energy to their legs for :10, the return to sitting.

### Song 8: Breakn' A Sweat by Skrillex & The Doors (5:02)

Continue riding the Verse of the song in a seated position at 80 – 85 RPM and a Hard intensity. Use the chorus of the song to get out of the saddle and add resistance, leg speed or both to push to breathlessness. Then, pull back just enough to grab some air and keep driving to the top. Take a complete break with slow pedaling from 2:40 – 3:05. Remind students that this the END of the LAST sandwich. "It's not time to fade, it's time to lean in!" Then, begin to build back intensity with leg speed for final 1:00 Anaerobic push!

## **Indoor Cycle Instructor PROfile**

### **At the Beach**

Song 9: Drive By by Train (3:15)

Use the first 1:40 of this song to let riders catch their breath and take a posture break, demonstrating two or three upper body range of motion movements to relieve the upper back and shoulders. When the second chorus comes in, bring riders back to the handlebars and the resistance knob to find Moderate effort at approximately 95 RPM. Tell riders, “We are driving down Pacific Coast Highway in Southern California headed to one of the most beautiful beaches for an early morning run.”

Song 10: Watusi Warrior Drums by Slagerij Van Kampen (4:22)

Add resistance and drop to 85 RPM, still at a Moderate intensity. Explain that the best way to wake up on an early morning run is to do :20 “pick ups”. Ask riders to perform between three and five :20 intensity surges, (they get to choose how many,) by maintaining leg speed but adding resistance. They can use the timer on the bike console, the clock on the wall or just count to 20 to time themselves, then pull back to Easy effort in between each one. Tell riders, “We are on the cliff trail overlooking the Pacific Ocean on your right.”

Song 11: Perpetuum Mobile by Penguin Café Orchestra (4:29)

Still at Easy intensity and a pedal speed between 75 – 95 RPM tell riders, “We are heading down the stairs from the cliff to the sand. Imagine yourself tucked into the middle of a pack of five of the strongest runners you know and they are carrying you along the shoreline. Would you work a little harder to stay in your spot?” Now have riders lock into their most natural cadence between 70 – 99 RPM and continue building the story of the runners to the front, back and sides of them. What are they wearing? What is the temperature? Can you smell the ocean? Can you hear the waves? As the energy of the music builds, describe this as the pace of the runners picking up. Ask riders if they would increase their effort to avoid getting dropped. Then, switch their mental focus to what they see over their right shoulder in the water. All the runners are looking, too. There is a pod of a dozen dolphins just off shore swimming parallel to the runners. They are jumping and diving and performing an early morning show for your workout. Can you keep up with them?! Then, as quickly as they appeared, they’re gone. (Match this cue to the ending of the song.)

### **Cool Down**

Song 12: Just Say Yes by Snow Patrol (4:41)

Give riders a full 3:00 Easy recovery, then ask them to say “Yes” to coming back next week for one more Flat Sandwich on the Beach.