



## **Mashup - HIIT vs. Party on the Bike**

Created By: Dennis Mellon  
Training Type: Varied  
Working HR and Wattage Zones: 1-5  
Total Class Length: 60 Minutes

With the battle raging in indoor cycling between scientifically proven training techniques and fun workouts, I believe there is a place for both.

The HIIT (High Intensity Interval Training) portion of the class will be structured intervals while the Party on the Bike portion will be music mapping to some classic "Happy Hour" tunes. Both types of interval sets will be performed at a high intensity.

### **Cueing Definitions:**

Flat and Fast - Cadence of 90-110rpm, 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.  
Music:

I've provided a complete mix MP3 of about an hour of, mostly, harmonically mixed music. The mix is named Mashup - HIIT vs. Party on the Bike and you'll find it at the post for this profile

### **Workout:**

0:00-5:00 Warm-up Song: Waves

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.

5:00-9:00 Threshold Check: Where the Streets Have No Name

If you are lucky enough to have bikes with wattage use this four minutes as a time trial, "best effort" or maximum sustainable effort. Use the bike's computer to calculate your average wattage for this four minutes and use this as your threshold for the day.

If you don't have wattage use this time to find your maximum sustainable heart rate, resistance or gear.

## Indoor Cycle Instructor PROfile

9:00-10:00 Recovery and Zone Explanation

Now that we have found threshold we will use it to set up four simple zones:

Recovery which is simply very light and easy

Below Threshold which is around 80% of threshold or 7 out of 10 RPE

Around Threshold which is around 100% of threshold or 8 out of 10 RPE

Above Threshold which is simply more than threshold or above 8 out of 10 RPE

10:00-18:00 First set of HIIT intervals 3 x 2 minutes above threshold at 90-100 rpm with a 1 minute recovery between efforts.

18:00-19:15 Recovery

19:15-23:20 Party on the Bike through music mapping. Song: Come on Eileen

-19:15-19:42 Standing Climb below threshold

-19:42-20:00 Seated Climb above threshold

-20:00-20:40 Increase resistance Standing Climb below threshold

-20:40-20:58 Seated Climb above threshold

-20:58-21:40 Increase resistance Standing Climb below threshold

-21:40-22:06 Seated Climb above threshold

-22:06-22:25 Increase resistance Standing Climb below threshold

-22:25-22:35 REMAIN STANDING Increase resistance

-22:35-22:45 REMAIN STANDING Increase resistance

-22:45-23:18 REMAIN STANDING Increase resistance GO TO MAX EFFORT

23:18-24:00 Recovery

24:00-30:45 Second set of HIIT intervals 4 x 1 minute above threshold with 1 minute recovery. Intervals 1 & 2 are 90-110 rpm intervals 3 & 4 are standing climbs above 60rpm

30:45-31:45 Recovery. The first minute of this song will be used for recovery the last four will be used for music mapping the next set.

31:45-36:23 Music Mapping. Song: Sail Away

-31:45-33:06 Slow Seated Climb around threshold

-33:06-34:05 Seated, Increase rpm, DON'T decrease resistance, above threshold!

-34:05-35:05 Seated, Decrease rpm, increase resistance, further above threshold!

-35:05-36:23 Standing Climb, increase resistance, ride to MAX effort.

36:23-38:20 Recovery

38:20-42:10 Tabatta. 8 x 20 seconds seated at 90-110 rpm to MAX effort with 10 seconds of standing recovery between each.

## Indoor Cycle Instructor PROfile

42:10-44:10 Recovery

44:10-47:50 Flow Riding. Ride at 90-110 rpm around threshold focusing on breathing, the beat of the music or cadence, something rhythmic. Find your "Flow". As the instructor, it is your job to quickly explain flow riding then BE QUIET and let your students find it.

47:50-53:00 Music Mapping. Song: O'Fortuna

Four sets of Heavy Seated Climb, Run or Fast Climb, Heavy Standing Climb and Seated Sprint

-47:50-48:44 Slow Seated Climb, below threshold

-48:44-49:25 Run or Fast Standing Climb, around threshold

-49:25-50:05 Heavy Standing Climb, above threshold

-50:05-50:18 Seated Sprint, further above threshold

-50:18-50:34 Slow Seated Climb, below threshold

-50:34-50:50 Run or Fast Standing Climb, around threshold

-50:50-51:04 Heavy Standing Climb, above threshold

-51:04-51:13 Seated Sprint, further above threshold

-51:13-51:28 Slow Seated Climb, below threshold

-51:28-51:43 Run or Fast Standing Climb, around threshold

-51:43-51:58 Heavy Standing Climb, above threshold

-51:58-52:07 Seated Sprint, further above threshold

-52:07-52:22 Slow Seated Climb, below threshold

-52:22-52:38 Run or Fast Standing Climb, around threshold

-52:38-52:51 Heavy Standing Climb, above threshold

-52:51-53:00 Seated Sprint, further above threshold

Cool Down and Stretch