



## Indoor Cycle Instructor Audio PROfile

## Out and Back Attack

Created by: Leslie Mueller  
Training Type: Developing Class Engagement  
Working HR Zones: Zones 3 to Zone 5a  
Cycling Specificity: 5  
Total Class Length: 60 minutes

### Out & Back Attack

#### Profile Description

This is a fun ride that simulates leading your class out to a specific point and then turning around and leading them back home. It gives you an opportunity to creatively engage your class with the types of terrain, possible obstacles, or sites that your riders might encounter along the way. I coach it much like I am telling the class a story. I add the challenge of a negative split (riding the second half faster than the first) which is something I often incorporate in my classes. For more information on the term “negative split”, you can listen to Audio PROfile Podcast #120 and/or read what Joe Friel has to say about negative splits on his blog.

#### Objective and Intensity

Included in this profile is one hill, that the riders climb twice and several obstacles that require slowing the legs, loading the bike and accelerating into the resistance -much like it would feel if you were actually riding outside and you had to slow down and then accelerate back up to speed. All of this makes the profile a pretty intense workout, taking your students well into zone 4 and even above their threshold into Zone 5 if they or you desire. However this type of ride can also work very well as an endurance workout. You determine the intensity with the terrain and with your coaching. You will be able to use this exact profile in your class, but I also hope to inspire you to create some fun out and back rides of your own.

**Song #1: One, Bruno From Ibiza 5:46, 108 BPM (iTunes)**

**Zones 1-2**

**Cadence 90ish**

**Introduce the workout:**

*“Today’s workout is called The Out & Back Attack. I will be leading you all on an out and back ride. This means we will ride out over a specific terrain and then back over that same terrain but in the reverse order. We are starting on a nice flat road, so right now your resistance should allow for a cadence that is right around 90 with a smooth pedal stroke and stable hips, and your effort should be easy as we warm up. After this flat road, I will take you over a few gentle rolling hills, then we will avoid a few obstacles as we ride through down*



## Indoor Cycle Instructor Audio PROfile

## Out and Back Attack

*town. We will leave town on another flat road that leads us out into the country taking us to the base of a challenging climb. After we hammer up that hill, we will ride down the other side. Then we will turn around and ride back the way we came. I invite you all to ride back a little faster than you ride out, so keep that in mind. I will be coaching you to push to a very hard, in to a high zone 4 or even low zone 5 effort on the hill climbs and on some of the obstacles. Of course you have my permission to ride at whatever level you are comfortable with today. If you do choose to go very hard today, you must promise to take an easy recovery ride tomorrow. OK? Are you ready?"*

Usually in the warm up, but sometimes later and often throughout my class, I remind my students to relax their shoulders, allow their shoulder blades to settle in a bit toward their spines and let their chests sink toward their handle bars. This encourages length in the spine and allows for proper hip mechanics. (So often people push into the handlebars, pushing their shoulder blades apart and rounding their upper back.) I encourage them to relax into this new position rather than forcing it or pulling into the position. I am reminding myself as much as I am reminding them, it is always important to be aware of positioning on the bike and for most people it takes years for it to become automatic. I will delve into this in my next PROfile if you are interested in learning more about coaching alignment on the bike.

**Song #2: Dixie Chicken     3:58     Little Feat, 75 BPM     (iTunes)**  
**Zones 2-3**  
**Cadence 70ish**

**Small rolling hills with 3 opportunities to come out of the saddle for 30 seconds.**

*"Ok, we have some small rolling hills coming. I want you to add enough resistance so that you can safely stand and come on up for about 30 seconds."*

The song that I recommend here gives you three opportunities when the music changes and it feels natural to change position on the bike.

Before this song ends I prepare them for what is coming by saying ...

*"We are about to enter a busy downtown area and there are a few obstacles along the way that we will need to slow down for. In order to simulate how that feels to slow down outside, I will ask you to add resistance as you decelerate your legs. Then you will stand and accelerate into the resistance before settling back into the saddle on the flat road. These accelerations will get your heart rate up to a high zone 3 or low 4 so this should feel fairly difficult. It will become more difficult to talk."*



## Indoor Cycle Instructor Audio PROfile

## Out and Back Attack

**Song #3: Liberation Front, Thievery Corporation 5:06, 103 BPM (iTunes)**

**Zones 3-4**

**Cadence 60-120 tops**

**Riding through town, 3x (Slow the legs, add resistance and accelerate for 15 sec)**

(Allow the next song to start and then at about 1 min into the song say ...)

***“OK, here comes our first obstacle, there is a red light up ahead. Add resistance to your bike, enough so that your legs feel sluggish, slow your cadence down to about 60 as you add it on.***

(Hold them there for about ten seconds, then I usually count it down the first couple times, counting with the music to tell them exactly when I want them to stand and accelerate I'll say...)

***OK, the light's about to turn green 4, 3, 2, 1 come on up and accelerate back up to speed (Hold them there for about 15 seconds and then say ...) Great, now come back into your saddle, reduce your resistance to a flat road, or 90ish cadence.*** (I repeat that three times using different obstacles each time such as: a dog, a child, a car door. You can ask your students for examples. I have a lot of fun with this because it gets them involved.)

(On the third drill, have them stay in the saddle. When your students accelerate while seated they may have a tendency to add less resistance and end up with a cadence that is too high so it is important to coach this well. We have cadence meters on our bikes so I tell my students that if their cadence gets to 120 when they are accelerating, they need to add more resistance. If you do not have cadence meters, tell your students to make sure they can feel the pedals pushing back into their feet as they accelerate. They may need to add even more resistance as the flywheel gains momentum. Also, it is good to remind them that their hips should never bounce in the saddle no matter how fast they are pedaling.)

**Song #4: Sapphire, Thunderball 4:49, 88 BPM (iTunes)**

**Zone 3**

**Cadence 90ish**

**Flat road cruise in zone 3 into the country, preparing them for the hill they will face.**

***“We are now leaving town, riding out into the country and heading toward our climb. Settle into a smooth steady cadence of about 90. (If you don't have cadence meters, give them a count if you would like – I used to have them count one leg for 6 seconds and add a zero to the number they get.)***



## Indoor Cycle Instructor Audio PROfile

## Out and Back Attack

*You effort should be focused and hard, but aware of the hill that lies ahead. Leave plenty of gas in your tank to ride up that hill powerfully and remember, we will be riding back faster than we ride out. Stay in zone 3 for this song.*

(Then, remind them about another aspect of their form or technique that you have not mentioned yet. Say ...) Keeping your shoulders relaxed, think about your pedal stroke. Focus on the top of your pedal stroke. Pretend like you are stepping over a big barrel with each revolution (I love this image. I got it from Tom Scotto during Cycling Fusion winter training. I give them a minute or so to focus on that and then I say ...)

*We have left the town behind and we can see the hill getting closer in the horizon. This hill is fairly forgiving at first so we will be in the saddle initially. It will take us about 7 minutes to get to the top.*

**Song #5: You Ain't Really Down, Status IV 6:47 120 BPM (iTunes)**

**Zone 4 – 5**

**Cadence 60ish**

**Hill Climb #1 3 min seated followed by 3x :30 standing /:30 seated**

*“Add enough resistance so that you feel the hill rising underneath you, forcing you to slow your legs a bit.”* (Have them add more every :20 or so, slowing their cadence a bit each time. After adding about 4 times, they should end up with a cadence of about 60.)

(You can use this first three minutes to engage them. Ask them what their hill is like. Get specific with your questions: *Does your hill have trees? What kind of trees? Is it shady? Is it sunny? Is there snow or is it hot? Are their big rocks? Or Cacti? What will the view look like when you get to the top?* My students will usually answer but you can play with this however suits your style. It is a lot of fun, it seems more real and it can make long seated climbs a lot fun.)

At about 3:00 say ...) *Ok, this hill is about to get way less forgiving as we are faced with several steep switchbacks. Add enough so that you want to stand, come up and out of your saddle.* (have them stand for about :30. Alternate through 3x :30 seated hill and :30 steep standing climbing. I have listed some possible times in this song that I think are appropriate for the switchbacks changes.)

Stand 3:20 – 3:50

Sit 3:50 – 4:23

Stand 4:23 – 4:55

Sit 4:55 – 5:30

Stand 5:30 – 6:15

Sit to and push to the top



## Indoor Cycle Instructor Audio PROfile

## Out and Back Attack

**Song #6: Pick Up the Pieces, Average White Band, 4:02, 107 BPM (iTunes)**

**Zone 2-3**

**Cadence 100 + depending on riders ability (no faster than 120)**

**Down the other side of the hill, reminding them that we will be turning around at the bottom. Students can use the downhill as recovery if desired.**

*(As the next song starts say ...) OK, here we go down the hill! Take your resistance back so that you can ride at a higher cadence. Take in above 100 if you can do so with out bouncing in the saddle. Stay relaxed in your upper body and make sure you still have something to push into – this is not a freewheel spin, stay in control of your bike. Try to keep you effort up in low zone 3 or high zone 2 as you ride down this hill but feel free to use it for as much recovery as you need. 4 minutes and we will be at the bottom. (You can get off the bike at this point to check on students, making sure everyone has enough resistance and that they are definitely in control. When the song gets closer to the end you can say ...) You know what we do when we get to the bottom? Yes, that's right! We turn around and ride back up the way we came! The good news is, riding up from this side takes only 5 min to the top.*

*(When you get to the bottom, remind them that we will be riding home faster than we came out.)*

**Song #7: Chemical Hank, Alex Cortiz, 5:00 61 BPM (Amazon)**

**Zone 4-5**

**Cadence 60sih**

**Out of the saddle for the first min on the steepest portion of the hill, then seated for 1 min finish with more switchbacks.**

*Ok, here we go. This side of the hill starts out steep! Add it on, enough so that you need to come out of the saddle. (Hold them out of the saddle for the first minute, have them sit for the second and then ride switchbacks to the top. This song is fantastic for climbing and gives you very clear changes in the music for changing position. Have fun with it!)*

**Song #8: Atomic Punk, Van Halen 3:03, 192 BPM (iTunes)**

**Zone 2-3**

**Cadence 100 + depending on riders ability (no faster than 120)**

**Down the hill, preparing them for what is next.**

*“Three minutes to the bottom! Take your cadence up to as fast as you are comfortable.” (As you get closer to the bottom, ask them if they remember what is next. When they tell you say,...)*



## Indoor Cycle Instructor Audio PROfile

## Out and Back Attack

*“That’s right, the flat road back to town. Remember, we will be riding this back faster than we came out. Did you save something for this? I hope so!”*

**Song #9 Sober, P!nk, 4:12, 92 BPM**

**Zone 3**

**Cadence 90ish**

**Flat Road, reminding them that they agreed to come back faster than they went out.**

*Add enough resistance so that your legs feel that road flattening out to challenge them a bit more. Take your cadence back down to 90ish. Stay in zone 3, this should feel challenging but we still have a lot of work ahead of us.* (You don’t need to say much here, just let them ride. Maybe a couple more reminders about form or technique but make them simple. But mostly, leave them alone. When you get near the end of the song, remind them that they are about to enter the city or ask them what is next.)

**Song #10: Manteca (Funky Lowlives Remix), Dizzy Gillespie and the Funky Lowlives, 105 BPM (iTunes)**

**Zone 3-4**

**Cadence 60-120 max**

### **Riding back through town**

This time, as you tell them to begin adding resistance and slowing down for the red light, challenge them a bit more by saying, *“Your friends tend to be a bunch of hammerheads and you know they will try to race you off this next light. Are you going to let them win? Maybe it would be smarter for you to not compete with them today? You make the choice but make it quick because the light just turned green! Lets go!”*

(You can ask them for suggestions of obstacles they might see in the road that would require slowing down. Some examples are: oil in the road, a child on a bike that may not know what “on your left” means). Again slowing their legs for 10 sec. as they add resistance, stand and accelerate for about 15 sec.

Have fun with this!



## **Indoor Cycle Instructor Audio PROfile**

## **Out and Back Attack**

**Song #11 Sandstorm, Darude, 3:45, 70 BPM**

**Zone 4-5**

**Cadence 70ish**

**Rolling hills with 3 - 30 sec stands**

*Here come our last few rolling hills, the next song will be our flat road cool down. We are almost home so let's go for it!*

Stand and push :29-1:25

Sit 1:25-2:28

Stand 2:29-3:11

Push to the end!

**Song #12: Flutation Pt. 2, Bruno from Ibiza, 5:36, 84 BPM**

**Zone 2 – 1**

**Cadence 80-90**

**Flat road Cool Down**

Tell them to allow their heart rate to come down gradually, taking resistance back to a flat road and gradually slowing cadence down to 80ish. Congratulate them for making it back faster (as your music will have set them up to have a few minutes to do some stretching or posture/alignment work) .



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## Out and Back Attack

### Quick Reference

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Zones 1-2  
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Introduce the workout

#### **Song #2: Dixie Chicken 3:58 Little Feat, 75 BPM (iTunes)**

Zones 2-3  
Cadence 70ish  
Small rolling hills with 3 opportunities to come out of the saddle for 30 seconds.

#### **Song #3: Liberation Front, Thievery Corporation 5:06, 103 BPM (iTunes)**

Zones 3-4  
Cadence 60-120 tops  
Riding through town

#### **Song #4: Sapphire, Thunderball 4:49, 88 BPM (iTunes)**

Zone 3  
Cadence 90ish  
Flat road cruise in zone 3 into the country, preparing them for the hill they will face.

#### **Song #5: You Ain't Really Down, Status IV 6:47 120 BPM (iTunes)**

Zone 4 – 5  
Cadence 60ish  
Hill Climb #1 3 min seated followed by 3x :30 standing /:30 seated

Stand 3:20 – 3:50  
Sit 3:50 – 4:23  
Stand 4:23 – 4:55  
Sit 4:55 – 5:30  
Stand 5:30 – 6:15  
Sit to and push to the top

#### **Song #6: Pick Up the Pieces, Average White Band, 4:02, 107 BPM (iTunes)**

Zone 2-3  
Cadence 100 + depending on riders ability (no faster than 120)  
Down the other side of the hill, reminding them that we will be turning around at the bottom.  
Students can use the downhill as recovery if desired.





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Zone 4-5

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### **Song #8: Atomic Punk, Van Halen 3:03, 192 BPM (iTunes)**

Zone 2-3

Cadence 100 + depending on riders ability (no faster than 120)

Down the hill, preparing them for what is next.

### **Song #9 Sober, P!nk, 4:12, 92 BPM**

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Cadence 90ish

Flat Road, reminding them that they agreed to come back faster than they went out.

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Push to the end!

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Zone 2 – 1

Cadence 80-90

Flat road Cool Down



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## Out and Back Attack

### Playlist

1. Little Lion Man (Radio Edit), 4:05 Mumford & Sons (Great pre class song.)
2. One 5:46 Bruno From Ibiza 108 BPM
3. Dixie Chicken 3:58 Little Feat 75 BPM
4. Liberation Front 5:06 Thievery Corporation 103 BPM
5. Sapphire 4:59 Thunderball 88 BPM
6. Aaj Ki Raat - Sonu Nigam, Mahalaxmi Lyer & Alisha Chinoi 6:09 Sonu Nigam, Mahalaxmi Lyer & Alisha Chinoi 69 BPM Slumdog Millionaire Soundtrack
7. Atomic Punk 3:02 Van Halen 192 BPM
8. Chemical\_Hank 5:00 Alex\_Cortiz 61 BPM (Avaliable on Amazon.com)
9. Pick Up the Pieces 4:02 Average White Band 107 BPM
10. Sober 4:12 P!nk 92 BPM
11. You Ain't Really Down (Jazzanova's Hey Baby Remix) 6:47 Status IV, 120 BPM
12. Sandstorm 3:45 Darude 70 BPM
13. Flutation Pt. 2 5:36 Bruno From Ibiza 84 BPM