



## Two Types of People Tabatas A High-Intensity Interval Training Profile

Created By: Krista Leopold  
Training Type: High-Intensity Intervals  
Working Zones: 3-5c  
Total Class Length: 30, 45 or 60 minutes

*“There are two types of people: The ones who give you 50 reasons it can’t be done ...  
and the ones who just do it.” – Hoda Kotb*

### **Description**

I created this ride to help riders see themselves as the second type of people: those who just do what needs to be done, and do it well. It is high-intensity training with two distinct blocks of work, the second of which consists of 2 sub-blocks. For that reason, this profile can easily be picked apart and used for classes that are formatted as 30, 45 or 60 minutes.

Block 1 is 30 minutes long and is the foundation for Block 2. In block 1, riders perform 5 best-effort intervals that gradually decrease from 4 minutes to 10 seconds in duration. Using this progression, Block 1 helps riders discover their true “all-out” intensity.

Block 2 is also 30 minutes long and is broken into 2 halves, each half consisting of gradually increasing intensity, followed by performing the Tabata IE1 protocol on the bike, and then recovering.

Instructors who teach 30-minute classes can easily divide this ride into its 2 blocks of work to ride in consecutive classes. Instructors with 45-minute formats can use Block 1 and block 2a. The full profile clocks in just right for a 60-minute class.

### **Objective**

The objective of high-intensity interval training is to improve athletic capacity and condition, improve glucose metabolism, and improve fat burning. In the longer versions of this profile, we use the Tabata IE1 protocol to achieve this effect.

In addition to the physical benefits sought with this style of training, this class adds in a mental element. The objective, then, is also to overcome self-limiting patterns of thinking that prevent us from reaching our full potential. When teaching Tabatas classes on a regular basis, it became obvious to me that riders simply weren’t able or weren’t willing to go to the ultra-intense level that the Tabata protocol demands. Rather than continue to waste their time with unproductive classes, I took them through this progression to help them discover that what they thought they could do was actually much less than what they were actually capable of doing.

### **What you need to know about Tabatas and other HIIT**

Just that they aren’t the end-all be-all of fitness training. And also that they aren’t for everyone. Please do not subject a room full of beginners to this class as-is. I definitely encourage even newcomers to “Give their best” but on one of their first few rides, that must be submaximal. If you need more information about what Tabata is, or is not, please search the ICI-PRO website for “HIIT” or “Tabata”. John and the crew have put a solid body of information out there to educate you about this type of work. Also, if you are “so over Tabatas” then by all means, use a timing that fits you and your groups’ needs better. HIIT comes in all sorts of timeframes; I stick with Tabatas because we have them on our schedule every Tuesday.

## Indoor Cycle Instructor PROfile

### **Warm Up Flat (5:08) Elevate by St. Lucia**

Use the warm-up to get the body and mind ready for what is coming. Help your riders change focus from their outside distractions to the bike and their potential. Set them up by reading the quote and asking them to consider not just who they *are*, but who they *want to be*.

Ask them to bring the resistance up steadily as the body starts to feel lighter and more energetic. Also encourage them to begin thinking about their form and their breath, which will help them through each interval.

Set them up for success by explaining the format. Hopefully, you told them in advance that today would include High-Intensity Intervals. Tell them that those come in the second half of the ride after they make it through a series of intervals designed to get them ready to give their very best. They'll be working 5 intervals at their very best effort. The first one is 4 minutes long and the last one is 10-seconds with a gradual decrease in between.

### **Prime the Pump (3:22) Let's Go by Tiesto and Icona Pop**

Before the actual work starts, we do a couple of short spin ups to rev up the energy systems. When the beat kicks in at 1:17 and 2:47, push up the gear and the cadence bring your intensity up to just above LT. You aren't going to go high enough or stay long enough to wear yourself out, you are just doing a little Central Nervous System (CNS) stimulation. I like the way one of the writers at [ancestralmomentum.com](http://ancestralmomentum.com) described it: "Think of proper CNS stimulation as a ramp-up, heightened muscular awareness, fast-twitch activation, or a targeted, high-intensity CNS proprioception that tells your fast-twitch fibers it is time to wake up and get in the game."

The second one ends right at the end of the song, so help them move right into the 4-minute best effort.

### **4-minute Best Effort (4:05) The Phoenix by Fall Out Boy**

Something about this song demands that you go hard and never let off the gas. The terrain will be a heavy climb with an aggressive cadence. Have them load up until they must stand, come out to a standing climb and then settle back to the saddle once they have found the right spot. You will coach them into an intensity that is right at or just below LT. It should be the hardest intensity they can hold steady for 4:00. I will use my hand to explain that even if they started off too hot or too cold their goal is to try to level off their effort to one high, consistent heart rate or power reading. The right intensity here will not feel impossible, nor will it feel even remotely easy. It will have a sense of urgency and a strong sense of relief when it is all over.

### **Complete Recovery (3:14) Lead On by Phillip Phillips**

Here's how I coach this recovery:

*Before you rush away from this moment, take a look at where you are right now. You successfully completed a very hard interval that lasted 4 minutes. Look at what you were able to accomplish in that amount of time. But, now consider how that effort would have changed if you knew I was going to cut you off halfway through? With only 2 minutes of work to sustain, how much hotter could you have stoked that fire? Visualize that difference to yourself either in terms of the number on your heart rate monitor or in the feeling you experienced through your body. [I give them time to consider this before I tell them:] Now you will actually ride that. Your next interval is a 2-minute best effort and it starts in 1 minute.*

## **Indoor Cycle Instructor PROfile**

### **2-minute Best Effort (2:12) Accelerant by Blue Stahl**

This is an incredibly intense 2-minute song that pushes me and my students in ways other songs just don't. There are no words, so you aren't competing with the lyrics to coach your students to the hardest they can work for 2:00.

Quickly (10 seconds!) bring them up to a heavy "Run with Resistance" and drive the heart rate or power level up a percentage point above the previous effort (e.g. if you did 4 minutes at 100% LT, this effort will be 101% roughly).

Compared to 4-minutes, this has a greater sense of urgency without being a complete killer. Ask them are they going to make an excuse for why it can't be done, or are they going to nail the hardest effort they can sustain for this period?

### **Complete Recovery (3:22) Holding out for a Hero by Frou Frou**

This is a song used specifically for the lyrical content. I play off the words to encourage my students to see themselves as "heroes" even if being a "hero" only means that you do the hard work when you'd rather proffer an excuse.

I ask them to think about how much more they could have done than what they did in previous 2 minutes. Sure, it was tough, but even while working, most riders are aware that they are glad that this is "all" they have to do. If you asked for any more, it would have been too much. Even so, on the range of intensities you are capable of, there are still several steps up to climb. I ask them to consider that where we've just been is only beginning to scratch the surface of the ultra-difficult efforts your body is capable of. They are going to move one step closer by pushing an even more intense effort that will last only 1 minute.

### **1-minute Best Effort (1:45) Prison Fight by Tyler Bates**

You will not have enough time to build up the gear within the interval, so use the first 25 seconds of the song to get on a very steep hill, then explode into a standing climb /breakaway at exactly 0:28. Hold for 1 minute. You are now heading up into effort levels that may not be right for the whole room. You will need to both inspire those who can and should be pushing hard with helping others just do the very best they can.

### **Complete Recovery (2:46) Ashes by City of the Fallen**

I choose all of my songs to convey the emotion and energy of the movement. This song I tell them was pulled straight from the soundtrack of their epic journey. They are a hero who has been besieged by obstacles and they find that they are nearing the point where they might like to give up. But no. They must look themselves in the eye and find the determination to persevere. They must not let themselves or the cast of this amazing drama down. The only way the day gets saved is if the hero gives his/her best. I will also let them know that their next move will be a "Legit Sprint" – heavy resistance, stand to "break the gear", then sit and drive as hard as you can. Then they will get 2 minutes of a breather before we take the final 10-second burst.

### **30-second and 10-second Best Efforts (3:20) Anumati by E.S. Posthumus**

I start them loading up as soon as the song changes and then the "Legit Sprint" starts at 0:08 and ends at 0:38. Make the most of the time you've got to build yourself up for the last, short spike of effort. This 10-second short burst is truly over before it starts – like how a hot surface doesn't register to your brain as hot instantly, neither will this -- so you have to put every drop of every single thing you possess into the 10-second max effort from the moment it starts. Timing it to this song, you'll start loading up around 2:40, but the huge push starts at 2:50 and ends at 3:00. Before it begins, makes sure they understand that if they hold back even the tiniest bit, the opportunity will be missed. On this spike, there is no gauging, no easing in. You throw it up and watch where it flies.

## **Indoor Cycle Instructor PROfile**

### **Recover or Cool Down (3:53) Burn by Ellie Goulding**

30 Min Class: End the class with a cool down here. You can turn the next 30-minutes of this ride into the follow-up ride where they will get to put this learning experience to work.

45-min and 60 min class: Recover then a moderate flat.

All classes: Ask them how much they were able to achieve with that short 10-second effort. When you aren't worried about holding it, you can reach so much higher. Tell them that the next time you do HIIT with them, you want their 10-second best effort on the intervals. Not their 2-minute best effort, not their 4-minute best, their 10-second best effort, regardless of how long that interval is going to last. There is a world of difference between a 4-minute and a 10-second intensity. The proven benefits of HIIT are derived from really going high and hard like you did when you "only" had to sustain it for 10 seconds.

### **Build the intensity back (3:53) The Walker by Fitz and the Tantrums**

We need to cover some ground to get our bodies back to ready to do the Tabatas. Not to mention that to reach the high heart rate we are going for, we will need a very large amount of gear. If you wait until the Intervals start, they will inevitably begin with too little and miss out on the opportunity.

To that end, start building up a moderate hill and alternate in and out of the saddle to keep their engines going.

### **First Tabata Round (4:43) Kickstart My Heart by Motley Crue**

Sure, there are million songs you could use to do High Intensity Intervals, but there is just something about a hard-rocking '80s tune that gets people driving. To put it bluntly, this song kicks ass, and makes your riders want to kick some ass too. If timing is a concern, you can use one of those pre-timed Tabata songs, but I don't really like them and my riders don't seem to either. I will use them if I'm teaching in a situation where I may not have access to a timer, but that is about it.

I let riders choose the position from which they want to work the intervals. It could be sitting, standing or running with resistance. The point is that it has to help them get their heart rate up very high!

The Tabata timing is :20 ultra-intense effort followed by :10 "rest". Perform 8 total times for a 4:00 effort. It is very hard, and again, please be a wise coach when choosing this for your students. In this song, I start them going around 0:30.

### **Recover or Cool Down (3:41) Girls Chase Boys by Ingrid Michaelson**

45-Min Class: End the class with a cool down here. They definitely accomplished a lot. In fact, even a 60-minute class could end early knowing that if they truly hit their best effort and gave everything they could every time, then there isn't any point in going further because they are completely spent.

60-min class: Recover, and then a moderate flat. At this point I would seriously consider the needs of my students. A room full of advanced or very fit riders who did not give it their all on the first round could handle a second round. But if their faces read that they definitely did everything you asked, then they should be allowed to let the first one be the only one. An alternate way to approach it would be to use the first round as a practice round to help them understand the timing and work transitions if you've never done Tabatas before (never underestimate the usefulness of a practice round!). Then the second round could be an opportunity to go all out. You might even consider leaving the bike and doing a tabata set of pushups or air squats on the floor. The point is that just because it is written into this profile doesn't make it the right answer for every class or every situation. There are several different ways to keep the spirit of it without doing both sets of Tabatas.

## **Indoor Cycle Instructor PROfile**

### **Build the intensity back (4:08) Do or Die by Thirty Seconds to Mars**

But since I have not dissuaded you, and you are dead set on getting in two rounds of these killer intervals, then you are going to need to get them ready for that second round. Use this song again to build up their hill and build up their confidence. Remember what we originally set out to do: To determine which type of person we are. All that it takes to move squarely into category two is to just do it, and do your very best.

### **Second Tabata Round (5:00) Do It (Life in Color Anthem 2013) – Original Mix by R3hab and David Solano**

I use this song, even though the timing often means that the hardest part of the Tabata will occur at moments in the music that are quieter. I actually love the effect this has and I play on the fact that no one else, no other outside influence is responsible for the job that belongs to them and them alone. Shut your brain off and ride by instinct here, with no distractions, not even the music.

That said, if you start the first set at exactly 0:15, then just as they take off for Round 3 they get a lyrical command that says “DO IT” just as they go. It can be another effective way to use the lyrics to your advantage.

Remember, too, that it doesn't have to be exactly a Tabata. It could be :15 hard and :30 seconds recovery or :20/:40. Any timing will work, you just have to commit to giving the most explosive effort you can during the work portion.

### **Cool Down (5:22) Hard Sun by Eddie Vedder**

And here we arrive all hot and sweaty at the end of a very intense workout. After you've given them time to breathe and come down, be sure to congratulate them for venturing out into what might have been scary territory. To cut down some of the competitive edge, you might say something about how regardless of which type of person they ultimately are, the world is better for having both and the ones who fall in the middle too!

Safety is important too! Remind them that these types of intervals should not be the only staple in their exercise diet. The best workout the next day would be an easy recovery ride. At our facility, we tell riders to only attempt them once per week. Don't forget your own [Flawless Finale](#), then call it a day!

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### Two Types of People Tabatas Quick Profile

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Spotify Playlist Link: [IEZ - \(HIIT\) Two Types of People Tabatas](#)

1. Warm Up Flat	5:08	Elevate by St. Lucia
2. Prime the Pump	3:22	Let's Go by Tiesto and Icona Pop
3. 4-minute Best Effort	4:05	The Phoenix by Fall Out Boy
4. Complete Recovery	3:14	Lead On by Phillip Phillips
5. 2-minute Best Effort	2:12	Accelerant by Blue Stahli
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15. Second Tabata Round Mix	5:00	Do It (Life in Color Anthem 2013) – Original by R3hab and David Solano
16. Cool Down	5:22	Hard Sun by Eddie Vedder