



Indoor Cycle Instructor Audio PROFILE
Winning Team
Don't Stop Believin'

Created by **Vanessa Wilkins, Team ICG® Master Trainer, Indoorcycling Group®**
in partnership with LIVESTRONG® Fitness by Matrix

Training Type: **Sports Intervals**

Working HR Zones: **Zone 3-5**

Class Length: **45 minutes**

Intro:

Living in San Francisco when Giants Baseball is CRUSHING IT has been fantastic. Our nutty city was really brought to together. There was camaraderie among the people living here. Our team spirit sat and clung over the bay like damp fog. As a winning city, our people seemed a little more kind and jovial to one another. The vibe is still undeniably contagious, and I am sure this is true in any city where you have a winning team. Men walk tall and proud with full, lush, uncut and untamed beards. And if you met any random stranger dressed in orange and black (which was too often to count), you could, without a second thought, walk up, stand nose to nose, and obnoxiously shout "Let's go, Giants!" and expect to be rewarded with a chorus of cat calls, cheers, fist pumps, and high fives from those around you.

I found teaching a cycling class during our playoff and World Series winning streak extremely challenging, and close to unbearable. *(It is important to note that the cycling studio where teach sits directly across from the stadium. The challenge of getting to class alone was difficult.)* Not only was I a bit distracted because I wanted to be watch the game instead of teach, but my regular packed class had dwindled to a select group of die-hard cyclists, who, although super-fans, HAD to get in a ride. I really wanted to capitalize on this event in my hometown, and I think the "team pulling together" is a concept we can never tire of using.

My class focus naturally became about giving it your all, as each night the Giants swept their opponents. The odds were against us. The country was against us, but we never gave up. That seven-game sweep was absolutely invigorating. I started to wonder what it must have been like to be the coach that gave that battle cry speech every day/night before we went out to play. The following ride is taken from some of the last classes I taught over the past month in San Francisco, California. The Profile is basically an ode to the game of baseball, my winning team, and that locker room pep talk that gives you chills. This ride is about greatness and a team winning against all odds: NEVER GIVE UP.

I took a series of famous inspirational movie quotes, along with some baseball jargon, and came up with the following profile. We are either getting ready to bat, working as a team, jogging around the bases, or battling to score.

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Goal

The first goal is team atmosphere. I notice I can set the tone of the class by how I walk into class and greet my members. With simple non-verbal cues and body language, my class quickly begins to understand the direction. This is a super-important key to teaching this type of class. I go the extra mile to make sure I introduce members to each other as they walk in. I find a common bond for them to chat about as we get settled in before the ride. I go to great lengths to ensure that no one is sitting too far away from me, or apart from the team. There is a serious tone to this class as I ask students to put their game face on. We greet each other as warriors getting ready for the great battle.

Objective

Since I am asking for maximum effort and we will be working in the kill zone, I am going to take the first two songs to warm up the body and get ready for the work ahead. We are going to be working on both a ladder and a pyramid training concept. Once we start the game, it is a nonstop race to the finish, ending with a victory lap. I am asking that the students hang in there as we attempt to complete long sets with minimal rests. I do my best to keep the tension and intensity high, as if we were playing a real game. Because this is a conceptual ride, I will use HR and RPE together to get my students to check in with their bodies. This class is very music-driven. I will also use the climax and build in the music I have chosen to simulate the intensity of the game.

Song 1

4:50

The Locker Room Speech

Young Folks instrumental Easy karaoke players Hit Vol 67 (with background vocals)

- In style Peter bjorn and John

100-102 RPM

Energy Level 1-5

To 50% of Max

Direction: Getting Ready, to get ready. We are going to warm up on low gear with quick legs.

In honor of our team, I have created a ride. In honor of the game, the thrill of the fight and need to push to win. I don't care who you are, there is a satisfaction in winning. It's fun! Especially when you know you have given it your all. Sometime the battle is ragged within our own minds. The "I can't" or "It hurts" or "Too tired" is the louder voice. This ride is about facing those demons and giving it our all – just as our home team continues to rise to the occasion, to fight, to battle, to win!

If you have been watching the game you may have noticed something a little bit special about our team that is different from the other teams. (Pause.)

The other bullpens look a little intense, as if they have a chore to do. But WE just seem to be having FUN out there! Our team is simply enjoying working together. You can see it. They are smiling from ear to ear, just enjoying the ride, and it is a real pleasure to watch. Our team is having fun doing what they love. They look loose, fluid, confident and strong. That's why we are winning!

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We are a city of winners, and I am looking at a room of champions so I expect nothing less. As a team of riders, you have already proven to me that you're strong enough, capable enough to BRING IT. SO DO IT.

Today when you are riding, I want you think about staying loose, giving it your all, and above all, never giving in, and NEVER giving up.

The First Inning - 3 songs back-to-back, about 17 minutes of nonstop work

Song Two

6:01

THE WARM UP – Don't stop Believin'

Flat

BPM 124

RPM 100-110 freestyle

Passing and accelerating

Energy Level RPE 4-7

HR To 70% of Max

Direction: We will be doing three 30-second accelerations to warm up the legs.

I am going to ask you to push it a little bit. It is going to take every fiber of your being – awake, alive, and ready to rock! We are anticipating our turn at bat, and that's what this warm-up is about. Right now, I want you to warm up knowing that you are absolutely ready for anything that may get thrown your way. That looseness and confidence that you have in your body is what I am looking for as we head up to bat.

Song Three

6:15

UP TO BAT

Seated Climb

RPM 78

BPM 78

"Who Are You" by The Who

Direction: We are going to take this to energy level 10. Maximum effort!

We will be adding resistance 12 times during this song while holding a steady pace around 80 RPMS.

Coaching moment: "This is really a game of inches. You may feel like you are in hell right now. We can stay and get the crap kicked out of us, or we can climb our way out of hell, into the light. Inch by inch, play by play. The 6 inches in front of your face are all that matters, all I need you to concentrate on."

"We are what we do repeatedly. Excellence, then, is not a an act, but a habit."- Aristotle

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Song 4

5:59

HOME RUN-AROUND THE BASES

Standing Jog

Beat Matching

Going Wrong Armen Van Buuren Extended remix

BPM 132

RPM 66

HR 75%-80% of Max

Direction: Standing tall, out of the saddle. Match/mirror my cadence and let's ride together as a team.

Coaching: You're breathing hard. We have just scored. I need you to stay in the game and jog around those bases. Although we are out of the saddle, the heart should be coming down a little bit from the last climb. Hang on to that intensity and the joy of hitting it out of the ballpark.

OK, here we go.

The Last Innings...We are going to be doing another three song back-to-back.

Song 5

5:16

The Outfield (slight recovery)

Never take your eye off the ball

Eyes - Kaskade

Jumps

67-100 RP

Energy level 5-8

HR 70-80% of max

Direction: We are going to be playing with tempo and cadence for the next 5 minutes, as we pick up our leg speed in the saddle and slow down to jog up and out of the saddle.

Coaching: The goal is not to lose sight of the fact that we are still in the big game. I will continually remind my students to stay connected and keep their HRs up at around 70-80%, RPE of 7. Resist the urge to fall back and get lazy. I will coach the students to continue to keep pace with me. We are more than halfway there, so this is the time I really need to ask my students for buy-in. Basically, if you are out in that outfield, you will still need to work to keep the focus.

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Song 6

5:15 flat

Bottom of the 8th

Pieces - Chase & Status

Seated Road Freestyle

Peak HR to 100% of Max

RPE 7-10

88-120 rpm

BPM 88-120

Direction: We are going to peak our HR to max effort twice. I will need you to build and then hold the intensity for 1.5 minutes as we add resistance.

Coaching: We have three men on. The bases are loaded, and it is your turn up to bat. It's time to really bring it. I am asking you to hold nothing back as you step up to the plate. This IS your winning moment!

"There is a second place game, but it is a game for losers. It is, and always has been, the American zeal to be first in anything we do, and to win, and to win, and to win." - Vince Lombardi

Song 7

4:20

On BASE

Sail by Awolnation

Seated road to Standing Run

RPE 7-8

70-80% of Max

130BPM

Freestyle 62- 80RPM

In or out of the saddle

Direction: We run it out of the saddle 3 times as we circle around the base. We are going to jog to tempo and then race ahead to get to each plate.

Coaching: "When people can't do something themselves, they want to tell you that YOU can't do it. You want something? Go get it." - The pursuit of happiness

Song 8

9th Last Inning

We Almost Have IT clinched

Recovery

Seated road - flat

Moby - Honey

Energy Level 5-6

HR 50-60% of Max

Direction: We have only about 3 minutes to really get our bearings. We are up to bat one last time, and all we are going to do right now is get ready and hold on to that intensity.

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Song 9

Home Run Bottom of the 9th winning Hit

6:04

Whoomp! There it Is - Dodge & Viper tag team Dance mix USA

HR To Max

Seated to standing climb

Freestyle

70-90 RPMs

80-90% of Max

Direction: Seated to standing climb, adding resistance 8 times with a big push (acceleration) in the last minute of class.

Coaching: There is a freedom to your pedal stroke because you know you've clinched it. You're strong as you finish this climb, and are almost gloating! Take your victory lap and keep smiling until we reach the end.

"We have wrestled with an alligator. Tussled with a whale. Handcuffed lightning and thrown thunder in jail!" -Muhammad Ali

Song 10

Cool-down : Victory Lap

Repeat Don't stop Believin'

Begin and end with your team's song !