



Speed Focused Class

Deceptively Challenging. Incredibly Fun.

RPM: Revolution per minute—how fast you're going.

PRE: Perceived rate of exertion—how hard you're working on a scale of 1-10.

BASE: The gear or tension where you feel like you could ride in the 80s forever.

BASE +1/2/3: The amount of gears or turns of the knob up from base—if your base is gear 10, base+1 would be 11.

DOWN HILL/RIP OFF GEARS: Full recovery. Release as much tension or gear as you need to catch your breath.

STAND: Whenever you stand, you **MUST** add gear for support. This is going to be different for everybody. I would suggest starting with 3 gears about base and adjust from there.

Pay attention to the work/rest ratios. Encourage your group to really go for it when they know they get ample recovery.

****IMPORTANT****

Remember, this is YOUR class. You know your group and you know what they need. If this means the workout doesn't perfectly line up with the music, that's okay! Use this as a guide and have fun with it. Email me if you have any questions.

Warm-Up

Music		Cues, RPM, & PRE
☐ CAN'T STOP THE FEELING!	3:58	☐ 0:00-1:00 RPMs in the 80s, PRE at a 2. BASE or a few below. 1:00-2:00 Add tension/gear: RPMs in the 80s. PRE at a 2/3. 2:00-2:45 RPMs towards the 90s, PRE at a 3.
Justin Timberlake		
☐ Bohemian Like You.	3:32	
The Dandy Warhols		☐ 0:00-1:00 Seated- RPMs in the 80s, PRE at a 2. 1:00-1:30 Standing- RPMs 70s/80s, PRE at a 3/4 1:30-2:00 Seated- RPMs in the 80s, PRE at a 2. Repeat 30 second intervals seated and standing for a total of 3 times.
☐ Shut Up and Dance	3:19	
WALK THE MOON		
		☐ 0:00-1:00 BASE gear. RPMs 80s, PRE at a 2. 1:00-2:00 BASE +1. Hold RPMs in 80s, PRE at a 2/3. 2:00-2:45. BASE +2. Hold RPMs in 80s, PRE at a 3/4 2:45-3:19. STAND with gear for support. PRE at a 4.

Don't forget to remind your group to drink water!

The Effort

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| ☐ The Way You Make Me Feel.
Michael Jackson | 4:58 | ☐ 5 intervals of 30 seconds of work and 30 seconds of rest. The work is BASE +1 in the 90s, the rest is BASE in the 80s. PRE at a 3. |
| ☐ Crush (Dance Mix).
Jennifer Paige | 3:19 | ☐ 4 intervals of 45 seconds of work and 45 seconds of rest. The work is BASE +2 in the 90s, the rest is BASE in the 80s. PRE at a 4. |
| ☐ I'll Be There- Cahill Remix
Jess Glynne, Cahill | 3:04 | ☐ Continue the 4 intervals of 45/45. |
| ☐ Just A Touch of Love
C&C Music Factory, Zelma Davis | 5:37 | ☐ 3 intervals of 60 seconds of work and 60 seconds of rest. The work is BASE +3 reaching for the 90s, the rest is BASE in the 80s. PRE at a 5/6. |
| ☐ Old School
Patrick Dorgan | 2:48 | ☐ 0:00-1:00 BASE +2. RPMs 70s/80s.
1:00-1:30 BASE +3 RPMs 65+ PRE at a 7.
1:30-2:00 BASE +4 60+ PRE at an 8.
2:00-end STAND to the top PRE at a 9. |
| ☐ Shark in The Water
V V Brown | 3:04 | ☐ Down Hill! Rip off gears, find RPMs in the 80s, PRE at 2, catch breath. PRE at a 1. |
| ☐ I Wanna Dance with Somebody.
Whitney Houston | 4:51 | ☐ 2 intervals of 90 seconds of work and 60 seconds of rest.
The work is BASE +4 in the 90s, the rest is BASE in the 80s. PRE at a 5/6. |

☐ Burnin' Up 2:55 ☐ 1 interval of 120 seconds. Add gear every 30 seconds, STAND for the final minute. PRE at a 7.
Jonas Brothers

☐ Play That Sax 3:54 ☐ 0:00-0:45 BASE, RPMs in the 80s
Dj Rehan 0:45-1:30 BASE +2, RPMs in the 70s/80s
PRE at a 4.
1:30-2:15 BASE +3, RPMs in the 70s. PRE at a 6.
2:15-3:00 BASE +4, RPMs 60+ PRE at a 7.
3:00-end STAND over top. PRE at an 8.

☐ Hair 3:29 ☐ Down Hill! Rip off gears, find RPMs in the 80s, PRE
Little Mix at 2, catch breath. PRE at a 1.

☐ Gimme What I Want 2:32 ☐ 0:00-0:30 BASE RPMs in the 80s
Miley Cyrus 0:30-1:15 BASE +1 RPMs in the 80s
1:15-2:00 BASE +2 RPMs in the 80s
2:00-2:30 STAND –sit at BASE +2

☐ The Four Seasons- Summer in G Minor 2:48 ☐ 0:00-0:30 BASE +2 RPMs in the 70s/80s. PRE at a
Antonio Vivaldi 6.
0:30-1:00 BASE +3 RPMs 65+. PRE at a 7.
1:00-1:30 BASE +4 RPMs 60+. PRE at an 8.
1:30-2:00 SEATED push. PRE at a 9.
2:00-end STAND over top.

Cool Down

☐ The Middle 2:46
Jimmy Eat World

☐ Rip the gears off and recover! Catch breath, spin out the legs at RPMs of 80s and 90s with PRE at a 1 or 2.

☐ Californication 5:30
Red Hot Chili Peppers

☐ Slow down and perform stretches on and off the bike.