

Endurance and Climbing Class

Strength. Grit. Patience.

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.

TABATA: Total time is 4 minutes. 8 rounds of 20 seconds of work, 10 seconds of rest.

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

☐ Honey, I'm Good. Andy Grammer	3:19	☐ 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.
☐ Sunset in July 311	3:56	☐ 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.
☐ I'm Still Standing Elton John	3:03	☐ 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

□ Billie Jean 4:53
Michael Jackson

□ 0:00-0:15 BASE gear, RPMs in the 80s. PRE at a 2
0:15-1:15 BASE +2. RPMs in the 80s. PRE at a 3
1:15-2:45 BASE +4. RPMs 65+. PRE at a 5-6
2:45-3:15 STAND on BASE+5. Try for RPMs in 70s. PRE at a 7-8.
3:15-3:45 SEATED on BASE +5. RPMs 60+. PRE at an 8.
3:45-4:15 BASE +5 SEATED push. PRE at a 9.
4:15-4:53 STAND on BASE +5/6 over top. PRE at a 9.

□ Summer Love 4:13
Justin Timberlake

□ 0:00-1:00 BASE gear, RPMs in the 80s. PRE at a 2
1:00-2:00 BASE +2. RPMs in the 80s. PRE at a 3
2:00-2:30 BASE +4. RPMs 65+. PRE at a 5-6
2:30-3:00 STAND on BASE+5. Try for RPMs in 70s. PRE at a 7-8.
3:00-3:30 SEATED on BASE +5. RPMs 60+. PRE at an 8.
3:30-4:00 BASE +5 SEATED push. PRE at a 9.
4:00-4:13 STAND on BASE +5/6 over top. PRE at a 9.

□ Magic (feat. Rivers Cuomo) 3:16
B.o.B, Rivers Cuomo

□ 0:00-1:00 BASE gear, RPMs in the 80s. PRE at a 2
1:00-2:00 BASE +2. RPMs in the 80s. PRE at a 3
2:00-2:30 BASE +4. RPMs 65+. PRE at a 5-6
2:30-3:00 BASE +4 PUSH
3:00-3:16 STAND on BASE +5/6 over top. PRE at a 9.

☐ Just Can't Get Enough 3:06
The Saturdays

☐ 1:00-2:00 BASE +2. RPMs in the 70s. PRE at a 6
2:00-2:30 BASE +2. Try for RPMs 75+. PRE at a 6/7.
2:30-2:45 BASE +3. PUSH towards the 80s. PRE at
an 8.
2:45-3:06 STAND at BASE +4. PRE at an 8.5

☐ Pump It Up 2:31
Endor

☐ 0:00-1:30 BASE +3 RPMs 65+. PRE at an 8.5.
1:30-2:00 BASE +4 RPMs 65+ PRE at a 9.
2:00-2:31 STAND at BASE +5. PRE at a 9.

☐ Survivor 4:14
Destiny's Child

☐ TABATA: 20 seconds of work, 10 seconds of
rest. Begin at BASE. Your choice if you want to
take the efforts as a climb or sprint.

☐ River Deep, Mountain High 3:33
Glee Cast

☐ DOWN HILL. Rip those gears off. Catch breath
and recover.

☐ Still the One 3:54
Orleans

☐ 1:00-2:00 BASE. RPMs in the 80s. PRE at a 2.
2:00-2:30 BASE +2. RPMs in the 80s. PRE at a 3.
2:30-3:00 STAND BASE +3/4. RPMs in the 70s. PRE
at a 5.
3:00-3:30 SEATED at BASE +2. Rpm's in the 80s.
PRE at a 3
3:30-3:54 STAND BASE +3/4. RPMs in the 70s. PRE
at a 5.

□ Better When I'm Dancin' 2:56
Meghan Trainor

□ 0:00-0:45 BASE, RPMs in the 80s. PRE at a 2.
0:45-1:15 BASE +1, RPMs in the 90s
PRE at a 3.
1:15-2:00 BASE +2, RPMs in the 90s. PRE at a 5.
2:00-2:30 BASE +3, Try to hold RPMs in the
80s/90s. PRE at a 7.
2:30-2:56 STAND. PRE at an 8.

□ Cambia el Paso 4:06
Jennifer Lopez, Rauw Alejandro

□ 1:00-1:45 BASE. RPMs in the 80s. PRE at a 2.
1:45-2:30 BASE +2. RPMs in the 70s/80s. PRE at a
3/ 4.
2:30-3:15 BASE +3. Try to hold RPMs in the 70s.
PRE at a 7.
3:15-4:06 STAND at BASE +4. PRE at an 8/9

□ Like It Like That 4:02
Guy Sebastian

□ 0:00-0:45 BASE RPMs in the 80s PRE at a 2.
0:45-1:45 BASE +1 RPMs in the 90s. PRE at a 3
1:45-2:45 BASE +2 Try to hold RPMs in the 90s. PRE
at a 5.
2:45-3:15 BASE +3. Try to hold RPMs in the 80s/90s.
PRE at an 8. This should be a big push.
3:15-4:02 STAND. PRE at an 8/9

Cool Down

☐ The Middle
Jimmy Eat World

2:46

☐ 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.

☐ Landslide
The Chicks

3:51

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