

Ride Type: Race Day Energy Zone™

Ride Length: 60 minutes

Ride Description: Use incremental increases in heart rate prior to a time trial effort in order to prepare lungs, legs and heart for the 20-minute physical challenge. Introducing these slow increases in heart rate will prep the body physically in order to perform more efficiently the latter half of the ride.

Elapsed Time	Duration	Song	Movement	Intensity	Technique	Cues
0:00 - 2:00	2 min	Busindre Reel	None	0	No movement	Center, focus, breathe, let go, focus, inner strength, peace
2:00 – 8:00	6 min	Busindre Reel, Joi	Seated Flat	65% MHR	Warm up for 8 minutes and raise heart rate to about 65% MHR.	Budget - Save up for the Big Screen TV in the second half of the race Perfect your pedal stroke now This is your hour and your ride. Do not leave without winning this race.
8:00 – 11:00	3 min	We Will Rock You	Seated Flat	70% MHR	Ride at a comfortable pace that can be sustained for miles.	Gradually increase what you are giving but maintain your budget Start waking yourself up
11:00 – 15:00	4 min.	Run Like Hell	Seated Flat	75 % MHR	Cadence increases to elevate heart rate.	Turn your focus inward, listen to your breath. Are you connected to the bike right now? Connect to some resistance. Start to develop some timing; some rythm.
15:00 – 18:00	3 min	Another One Bites the Dust, Rhythm	Seated Climb	80% MHR	Increase resistance to slow students to mimic a climb and then increase cadence to elevate heart rate to 80%.	you are working the most important muscle in your body--the one you can't see-your heart, or the muscle you don't see in the mirror-your heart
18:00 – 19:00	1 min.	Scholar Remix	Standing Climb	80% MHR	Come off saddle for slight posture break and to control heart rate at 80% through visuals and breathing.	"Allow your breathing to be louder than your thoughts"
19:00 – 22:00	3 min.	Dream of Me	Seated Flat	65% MHR	Recover with light resistance and a cadence range of 80 to 100 RPM.	"Channel the feeling of that little kid who just got her new bike. Remember what it felt like, racing down the block, assured that you were the coolest, fastest kid in the 'hood."
22:00 – 23:00	1 min.	Barracuda	Standing Climb	75% MHR	Increase heart rate back to 75% by climbing off the saddle and to introduce power into the legs.	What has taken you from then to now What gives you the unique ability to be here right now? Why you and not other people? You have something that tells you this is where you want to be. Let yourself shine.
23:00 – 24:00	1 min.		Standing Climb	85% MHR	Increase cadence to increase heart rate to 85%.	Tell yourself from this point forward - I'm going to change. I'm going to be better"
24:00 – 26:00	2 min.		Seated Climb	75% MHR	Take off a little bit of resistance and maintain a comfortable seated climb at 75% MHR.	"Add a little road as you get your second wind"
26:00 – 27:30	1 min. 30 sec	Riding the Waves	Seated Flat	70% MHR	Settle into a natural rhythm on a flat with cadence of 80 to 95 RPM.	"When you're in the zone the worries disappear; the excuses go away. Your courage grows; you feel stronger; you feel invincible"
27:30 – 29:00	1 min. 30 sec		Seated Flat	75% MHR	Increase resistance, trying to maintain cadence to bring heart rate up to 75% MHR.	Breathe into the working muscles. Put your mind there and imagine your breath following."
29:00 – 29:30	30 sec.		Standing Climb	85% MHR	Jump off saddle to add on those few more heartbeats and spike heart rate back up to 85% MHR.	Breathe deeply and feel the breath go all the way to the base of your spine...
29:30 – 50:00	20 min. 30 sec.	Riding the Waves, Conga Fury Devil Inside Thnks fr th Mmrs Amma	Seated Flat	80% to 92% MHR	Settle into a challenging amount of resistance to mimic pushing a big chain ring (cadence of 80 to 100 RPM) in order to keep heart rate up to just below, at, or above aerobic ceiling for a steady 20 minutes, mimicking a time trial pace. Cadence and resistance may vary depending on what the student needs to do to regulate heart rate. Students have the option to sprint last 30 seconds.	Keep the intensity high-use perceived exertion-don't just go through the motions. I DARE YOU: push just a little harder, spin a little faster, last a little bit longer.  Yes, it's tough and hurts, but hang in there. You are getting better. Pain - weakness leaving the body! How long can you last? Can you keep going? Can you hang on until the end? Can you focus your thoughts and stay steady until we are done? Take pleasure in breaking limits Fight your weaknesses with determination You have a choice. You can throw in the towel, or you can use it to wipe the sweat off of your face. close in on the finish – experience it/feel it Let loose and give it all you've got. Don't let your mind limit your body
50:00 – 58:00	8 min	Into the Light Different Role	Seated Flat	Cool-down	65% MHR, easy ride around Victory Circle	Enjoy letting the work escape from your body. Take joy in the feelings you are experiencing now. Let your body release the effort. Acknowledge the strength you have developed. Congratulate yourself!
58:00 - 63:00	5 min	Transcience	Stretches			Where the mind goes, the body will follow. Visualize the regeneration and healing process. Drink lots of fluids to replenish yourselves.