


















## Spinning Class Profile

**Profile Name:** Individual Time Trials  
**Category:** All Terrain, Mostly SEZ (75%-85%)  
**Sub-Category:** Time Trials  
**Purpose:** To develop endurance, power and stamina at higher heart rates  
**Author:** GroupFitPower - Krista Leopold

Profile Cue	Time	Elapse Time	Song	Comments	HR	Cadence/ Resistance	Song BPM
	0:03:16	0:03:16	Chelo - Cha Cha	Settle in, let's go. Get that body ready for a big effort. You have one goal: BEST TIME.	55%-65%	90 - 105 rpm light-med	106
	0:05:53	0:09:09	Paul Oakenfold - Faster Kill Pussycat	Pedal drills to get the legs flowing. Single leg pedaling or isolations to suit your tastes. Bring the heart rate up steadily.	65%-75%	80-95 rpm light-med	125
 	0:07:05	0:16:14	Cary Brothers - Ride (Tiesto Extnd Remix)	Take a series of intervals to elevate the heart and get the blood pumping. :30 in the saddle, :30 standing flat --> increase cadence each repeat.	70% - 85%	85-100 rpm light-med	128
	0:00:20	0:16:34	No Music	Park your pedals at 3:00 and 9:00. Wait for the signal and prepare for your attack.....	NA	NA	NA
	0:03:43	0:20:17	Warp Brothers - Blast the Speakers	GO! GO! GO! Be fierce and determined to WIN! Set your pace so that you are both aggressive and able to sustain all the way to the finish.	75% - 85%	60-80 rpm heavy	137
 	0:04:54	0:25:11	Angelique Kido - Shango	Keep your rhythm steady and increase your gear. Allow yourself to feel confident and relaxed while you get through these hills. Take alternating :30 saddle, :30 standing.	75% - 85%	70-80 rpm heavy	150
	0:03:46	0:28:57	The Used - The Bird and the Worm	The valley between two hills. Use the flat to find a steady, quick pace, without letting up on the intensity.	75%-85%	85-95 rpm med	90
 	0:04:00	0:32:57	Mashuptown - The Spirit of Ray	You see the person ahead of you. This means you will beat at least one person in this race, so go forth! Catch them, pass them, but be polite!	75%-85%	65 - 75 rpm heavy	135
 	0:03:37	0:36:34	Silent Nick - Palladio	Back into a climb. In or out of the saddle as needed to get to the very top. Connect to your bike and feel every turn of the pedals in your strong legs.	75% - 85%	60-80 rpm heavy	142
 	0:04:28	0:41:02	Globus - Preliator	Stay with your steady seated climb for 3:30. The last minute is your final push to the finish line! Stand up and give everything you've got -- Best Time Wins!!	85% - 92%	60-80 rpm very heavy	145
	0:03:45	0:44:47	Michael Jackson - Shake Your Body (Down to the Ground)	You won! Treat yourself to a victory lap as you recover to a lighter a HR, find your breath and celebrate your accomplishment!	75%	80-100 rpm med	106
	0:04:14	0:49:01	Fleetwood Mac - Dreams	Take your time bringing yourself out of the workload. Hydrate and take time to show gratitude for your abilities and accomplishments.	65%	80-90 rpm light-med	118
	0:03:44	0:52:45	Balligomingo - Priviledge	Treat your body to an upper body release and lower body stretch.	--	--	