

## 1980's New Wave Profile

By Mark Fiddler

Here is a fun class I taught twice over the last week. I call it 80s new wave. There are so many different genres of 80s music that I decided to keep it new wave/pre-alt focused, which meant faster punk inspired music for flat intervals (HIIT) and awesome hooks for the climbs. So it is a mixed flat interval & climbing class designed to promote threshold speed, and mix it up with climbs for strength work.



**1 Ice Ice Baby, Vanilla Ice:** pre warm up mood music, acknowledging how they lifted music from David Bowie. It was recorded in 89 so it counts! It's kinda fun because it presages what's to come in the 90s as a result of all the creative 80s music.

**2 Our Lips Are Sealed, Go-Go's:** fun, breezy warm up song, have class gradually add resistance.

**3 Goody Two Shoes, Adam Ant:** now the heart rate is really pushed as class stands. Tell them how this is designed for quick HR increase to prepare them for work to come. The exciting bongo type drum-beat perfectly matches an 8-count lift drill (jumps). Make sure class adds enough resistance to allow for faster standing pedaling. They don't want to grind it and don't want to spin like crazy-- this takes some coaching to get resistance right. Find an early entry point at 12 seconds in to start counting for them: "up two, three, four, five, six, seven, eight, down two, three, four, five, six, seven, eight," etc. Give them a breather, then repeat another longer set. No need to count out after they learn the rhythm, just "up," and "down" as needed, Take breather. Finish with longer series of lifts. When this is over, they'll know they're working! It never fails, with lots of "whoa" and "phew" moans. A good chance to tell them how it's so hard because their cardio system was not in its steady state yet as the song began. But they will be close, FAST, after this one.

Announce flat fast section before hills.

**4 I Wanna Be Sedated, Ramones:** now class is revved up, ready for fast speed work and intervals. Set them at base tempo and work from there with surges of added resistance, constant cadence. The song has two amazing tempo/key changes for a "pick up" that allow for a three-tiered ride.

1:10 Add resistance at perfectly time key change. It builds excitement.

2:01 Add more for last key change. Sprint hard to end.

**Message of Love, Pretenders:** a different fast flat approach, this time following an over/under threshold pace. I call it a high-speed cruise Time Trial pace. Push it in sections depending on mood. 1:28, and 2:00 for instance, have nice transitions that cue extra speed, resistance. Tell them easier climb coming up so they don't have to worry about maxing out!

Next: into the hills...

**6 Genius of Love, Tom Tom club:** moderate seated climb: up and down at will. The beat is so catchy it's a nice time to get into a climb on easy grade and recover. Have them match beat for approximate 70 RPM climb. As they recover from flat drills, get them to add resistance back and make it a steady seated climb, grooving to the beat.

And into a steeper section...

**7 Do You Wanna Touch Me (Oh Yeah), Joan Jett and the Blackhearts:** this song is a dramatic change, signaling serious grade increases and aggressive climbing. Basically get on the climb timed to the irresistible bass drum beat with soaring guitar riffs. Have them stand at "Do you wanna touch me" chorus sections.

> - 0:11 Power climb

> - 0:55 Stand attack

> - 1:28 Resume seated climb

> - 1:57 Long Stand to summit

Still steep...

**8 Gouge Away, Pixies:** climb still aggressive, a bit faster tempo. Awesome beat to make them want to attack, soaring Joey Santiago guitar leads into each attack...if they think the song's a little edgy, it is, but it's based on the Sampson and Delilah story from the Bible: Sampson just sits there and takes abuse, Delilah gouging away, then he gets payback by exploding and tearing down the

walls (this during final attack). Great fun...tell them this music paved the way for grunge, alt, Nirvana, etc.

- > - 0:00 Seated climb with 3 standing attacks: progressively
- > Steeper
- > - 0:38 Standing attack-add 1
- > - 1:07 Seated
- > - 1:26 Attack 2 steeper
- > - 1:55 Sit before last attack
- > - 2:05 To top! Attack

Back on flat road, some relief...

**9 Best Friend, English Beat:** this song has great catchy beat, inspired by bright sounding 60s beach music mixed in with Caribbean "ska" influence. The beat is fast, but it feels sunny so I have class on an open road with tailwind, and they're booking it...you can use the surges to tell them they're taking turns at their pull.

- > - 0:00 Tempo with surges
- > - 0:55 Surge
- > - 1:21 Tempo
- > - 1:54 Surge
- > - 2:25 Tempo

Some rollers...

**10 I Want Candy: Bow Wow Wow:** a really fun climbing song! Gauge your class and add resistance to each stand as needed. Your class should be hooked on the jungle drum beat and bobbing in unison to this one.

- > - 0:00 Tempo climb 3 stands
- > - 0:49 Stand
- > - 1:07 Resume tempo climb
- > - 1:24 Stand
- > - 1:55 Seated tempo
- > - 2:12 Stand

Flat...

**11 You Might Think: The Cars:** it's not the 80s without the Cars! I teach this one as a fast flat with "ladder" steps up in resistance, telling them to gauge their adds



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to end.

- > - 0:00 Ladder fast flat
- > - 0:20 Ladder 1
- > - 1:00 Ladder 2 add
- > - 1:33 Tempo recovery
- > - 1:57 Ladder 3!

Climb...

**12 Should I Stay or Should I Go: The Clash:** this song makes for a fun climbing attack, so at the chorus, "Should I stay or should I go now..." Add resistance AND speed, as there's an awesome tempo increase.

- > - 0:00 Climb w/ attacks
- > - 1:06 Stand fast attack
- > - 1:29 Seated tempo climb
- > - 1:57 Add resistance
- > - 2:22 Fast standing attack

And flat road race to end...

**13 Dancing With Myself, Billy Idol:** mixed interval set, 15, 45, 40, 60...they can get Dancing with themselves at chorus with those words, timed to interval pushes. Then get them psyched to blast it to end of race, with Billy Idol yelling at them to "sweat, sweat, sweat."

The following shows the tempo intervals: cue by having them get to their fast tempo pace. This will be the highest cadence of the class, maybe 110 rpm tops. For some students who think that resistance is key and they can't speed up, I like to tell them this is like doing lots of reps with low resistance in body pump class. But just don't let them bounce or the flywheel is doing the work!

- > -0:00 tempo
- > - 0:36 15 surge
- > - 0:50 Tempo
- > - 1:11 45 surge
- > - 1:55 Tempo
- > - 2:17 40 surge
- > - 2:56 Tempo
- > - 3:49 Sweat 60!



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They should be dead by now, so the next cool down class signals peace...stretch, deep breathing, etc.

**14 This Must Be the Place (Naive Melody): Talking Heads.**