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Length: 60 minutes

HR Zones: 3–5

Profile Description

This profile was developed to mark the occasion of the 2014 Winter Olympics but can be used at any time that an inspirational ride is appropriate. The structure of the work is a reference to the Olympics motto of *Citius Altius Fortius*, which is Latin for “Faster, Higher, Stronger.” The music choices are focused on the word *Victory*. The ride can be done in almost complete silence and experienced as a reflective journey. Alternatively, inspirational quotes from athletes and coaches are offered as well as a suggestion for creating a personal motivating phrase.



When announcing or promoting this ride, you may consider using the following encouragement from the ride cues in your announcement:

Victory is more than just crossing the finish line first. It is getting up early, it is finishing an intense workout, it is making difficult choices regarding family and work, it is making up your mind to endure discomfort and even pain.

Objective

This class is designed to give students time for constructive reflection concerning their potential and the limits to their performance. It can be successfully used at all times of year with classes of mixed abilities.

Warm-up

Victory, Future World Music, 4:05, 80 bpm

The music choices and message of this class may induce some people to work harder than they had planned. It is important to encourage them to work at an intensity that is right for them on that day.

Cue a structured warm-up. Try to complete the introduction during the first song so that you can remain almost silent during the second half of the warm-up.

This class is built around the familiar Olympics motto, “Faster, Higher, Stronger.” It is divided into three sections—a fast flat, a 16-minute climb that will take you higher and higher, and a very steep climb that will make you stronger. I hope you will find the music inspirational and that you may want to add one or more of the songs to your personal playlists. The theme of the music is Victory and almost every song contains that word in its title. I want you to spend the next hour considering what victory means to you and how it might be achieved. Victory is more than just crossing the finish line first. It is getting up

early, it is finishing an intense workout, it is making difficult choices regarding family and work, it is making up your mind to endure discomfort and even pain.

Nobody But You, Serena Ryder, 0:52, 78 bpm (repeated four times)

I suggest that you use this song four times and that you stay as silent as you can during this time. Use only the cues necessary for your warm-up. This is a very different format from most classes and the repetition will surprise the riders. The effect is very hypnotic and will, along with the content of the lyrics, set the tone for the work to follow.

Faster

Dawn of Victory, Rhapsody, 4:47, 96 bpm

Victory, Bond (Magnus Fiennes Mix), 4:41, 105 bpm

Cue a fast flat. You can use your discretion concerning effort during this section of the ride. I suggest that you encourage people to keep their effort well below threshold because of the work that they will encounter in the Higher and Stronger sections that follow. The second song may really challenge your riders to maintain excellent form. Do as you always do—encourage them to ride with body awareness and attention to detail even if that requires a lower cadence.

Once people have settled into a rhythm, you can offer a few of the inspirational quotes from the list at the end of this profile. You can make choices that appeal to you and/or your riders. You will note that there are quite a few that refer to the importance of the mind and mental attitude. These offer an opportunity to discuss victory in the sense of mind over body. There was an interesting discussion of this in a recent article by Alex Hutchinson: <http://tinyurl.com/nwt6mp3>. You may wish to discuss the findings he describes during this section of the ride.

Recovery

Victory of Life, Future World Music, 2:50, 63 bpm

The need to recover will be dependent on the riders and the decisions that they made in the previous section. Feel free to have them ride through at whatever intensity seems appropriate at the time.

at 2:00

*We are coming to the **Higher** portion of the class. You will be going higher by taking on a 16-minute climb. The profile of the hill will change as we ride so you will likely be making some adjustments to your resistance and cadence along the way. You may also choose to make changes in the intensity of your effort. I will leave those decisions to you.*

Higher

Victory Dance, My Morning Jacket, 5:40, 66 bpm

Grab the beat of the music and add resistance that puts you on a hill. The resistance should be sufficient to hold your leg speed down, but don't overdo at the start. Remember

that you have 16 minutes of climbing ahead of you. I suggest that you ride in high Zone 3 or low Zone 4. If you choose to ride at your threshold you have nowhere to go but down.

I have offered you some inspiring quotes from amateur and professional athletes and coaches. Now it is time to create your own motivational phrase. The phrase “faster, higher, stronger” is what is known as a hendiadris [pronunciation guide here <http://www.youtube.com/watch?v=QCHekGCmhmg>]. That’s a fancy term for a three-word phrase that expresses one idea. Such phrases are often used as descriptors or mottos—like “sex, drugs, and rock ‘n’ roll,” “reduce, reuse, recycle,” “truth, justice, and the American way.”

During this long climb I want you to develop your own three-word phrase that you can use to describe and/or inspire your effort.

Here are a few examples: “prepare, persevere, perform,” “educate, endure, achieve,” “strong, certain, sexy.” People often use alliteration in their phrases but that’s not necessary.

Till Victory, Patti Smith, 2:47, 66 bpm

The hill feels a little different here. Even though the beat of the music is the same, there is a little more energy. If you’d like, grab that energy and use it. Feel free to stand. Or perhaps the energy makes it seem like you can handle a little more resistance or a higher cadence. It’s your choice.

Victory Strikes Again, Andrew W.K., 2:10, 79 bpm

The grade of the hill has changed; it is a little less steep here. You can take this opportunity for a respite with slightly lower resistance. Or you might want to hold your resistance where it is and take on the challenge of matching the beat at 79 bpm. You decide. This section of the hill will last 2 minutes.

To Victory, Tyler Bates, 2:34, 70 bpm

You have just under 6 minutes of climbing left. The grade has increased again. It is time to buckle down to some more hard work in your legs. You decide how much resistance to add and how much you want to challenge the beat of the music.

You have 5 more minutes to think about your personal phrase.

Victory, Mankind is Obsolete, 3:17, 73 bpm

We have reached the last 3 minutes of the climb. It is time to make the commitment to finish it out. We are going higher and higher and higher. There’s a recovery following this section so if you want to take your effort over threshold this is a good place to do it.

Note: When I taught this class I didn’t offer the riders any information about the beats/minute of this song. They naturally matched the cadence of the music and their effort rose accordingly.

Recovery

Dawn of the Olympic Heroes, Patriotic Fathers, 2:32, 100 bpm

at 2:00

*We are moving on to the **Stronger** part of the ride. In this section you will add quite a bit of resistance and ride at a low cadence. Please respect your body and use a resistance that will challenge you but is not so great that your joints will suffer. We are exploring the concept of “stronger,” but that doesn’t mean that you need to gain all your strength in one workout. Remember that it may be the strength of your mind, even if it is to hold back a little, that will determine whether you are victorious.*

Stronger

This section is meant to be ridden at a high resistance and low cadence. I have chosen songs that are approximately the same speed but change from somewhat lighthearted and pop-y to more aggressive. The pop choice was deliberate to add credence to the fact that hard work doesn’t have to be serious and can even be fun. The flow of the music will change the riders’ mood and likely the intensity of their effort. I have offered some suggested activities but you are welcome to switch things up to fit your classes’ needs.

Victory, The Weekend, 3:01, 63 bpm

We are going to get stronger now. Add resistance that drops your cadence to the beat of the music at 63 bpm. Make sure that you have enough resistance to challenge your legs but not so much that you endanger your joints. We will ride this seated and stand for short periods on the chorus, which starts with the word “Fight.” Make sure that your transitions are smooth.

Cue standing climbs at 0:50–1:00, 1:37–1:48 and 2:24–2:50.

Victory, The Duke Spirit, 3:31, 63 bpm

Make a judgment about whether your resistance is appropriate because we have another 6 minutes of this type of work ahead of us.

This song lends itself to a sustained seated effort, but you can also cue standing on the chorus. At the time of the stand you can have people add resistance, then ride at the increased resistance for a few seconds before they transition to a stand. Riders should drop their resistance to the starting level when they sit. These transitions can be accomplished on the choruses at 0:39–1:09, 1:25–1:54 and 2:33–3:18.

Recovery

Victory Does Not Make Us Conquerors, Ramin Djawadi, 1:36

Victory, Within The Ruins, 2:27, 62 bpm

Cue a return to the previous resistance and cadence.

at 0:27

Try to increase your leg speed a little—go faster, even if it is just by 1 rpm.

at 0:41

Return to the cadence of the music at 62 rpm.

at 1:00

I want you to imagine that you are going to soar into the heights to finish out this section. When the music gets quiet, add resistance and stand to climb to the top of the highest peak.

at 1:15, cue resistance increase and stand.

It is time to soar.

The music fades to silence before the song officially ends. Use your judgment about how long to keep the class riding before they sit and reduce resistance for the next song.

Strength of Spirit, Patriotic Fathers, 3:04, 93 bpm

Cue a fast flat with heart rates in low Zone 3.

We have almost completed our Faster, Higher, Stronger ride. Please take these next 3 minutes to savor the experience and share your thoughts. If you developed a three-word phrase that you think will help you in the future, please share it. Even if it seems silly to you it might help someone else put his or her thoughts into focus.

Cool-down and Stretch

Victory, Siinai, 8:36, 78 bpm

Inspirational quotes from athletes and coaches

To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them. ~Picabo Street, Skier

I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match. ~Mia Hamm, Soccer

Push your physical limits and overcome them in training sessions, so that when you race you know that you have successfully endured pain and discomfort. You will draw confidence and peace of mind from this knowledge. ~Chrissie Wellington, Triathlete

Search for your body's limits, and stretch them further each day. ~Amy Dombrowski, Cross cyclist

If we let our head drop, our heart drops with it. Keep your head up, and your body is capable of amazing feats. ~Chrissie Wellington, Triathlete

Each of us has a fire in our hearts for something. It's our goal in life to find it and keep it lit. ~Mary Lou Retton, Gymnast

Don't be afraid if things seem difficult in the beginning. That's only the initial impression. The important thing is not to retreat: you have to master yourself. ~Olga Korbut, Gymnast

Stepping outside my comfort zone is the price I pay to find out how good I can be. If I planned on backing off every time running got difficult, I would hang up my shoes and take up knitting. ~Desiree Davila, Runner

The only disability in life is a bad attitude. ~Scott Hamilton, Figure skater

I think exercise tests us in so many ways—our skills, our hearts, our ability to bounce back after setbacks. This is the inner beauty of sports and competition, and it can serve us all well as adult athletes. ~Peggy Fleming, Figure skater

I always felt that my greatest asset was not my physical ability, it was my mental ability. ~Bruce Jenner, Decathlete

We make choices. I hate to say "sacrifices." ...In doing that, I feel like a healthier person, I feel focused in everything, not just in my running. In following this one dream, I feel like I became an even more well-rounded person. ~Deena Kastor, Runner

Perhaps I don't give the impression that I'm hurting on the track. But that is because I am animated by an interior force which covers my suffering. ~Nouredine Morceli, Runner

If you fail to prepare, you're prepared to fail. ~Mark Spitz, Swimmer

You can't put a limit on anything. The more you dream, the farther you get. ~Michael Phelps, Swimmer

If you dream and you allow yourself to dream you can do anything. ~Clara Hughes, Cyclist and speed skater

You have a responsibility to be everything that you are. ~Silken Laumann, Rower

This ability to conquer oneself is no doubt the most precious of all things sports bestows. ~Olga Korbut, Gymnast

Make sure your worst enemy doesn't live between your own two ears. ~Laird Hamilton, Surfer

Persistence can change failure into extraordinary achievement. ~Matt Biondi, Swimmer

[Note: There was a fantastic example of this in the men's sprint cross-country skiing race in Sochi. The finals consisted of six men racing 1 kilometer after three qualifying races earlier in the day. A Swedish skier, Emil Joensson, was dropped almost immediately and there was speculation that he was exhausted or had equipment problems. Then three skiers crashed on one of the final downhills. As the leaders entered the stadium the camera panned back to pick up Joensson. He had not quit on a day when he must have felt completely defeated within seconds of starting the race. He kept skiing and was able to pass the fallen skiers who had recovered and skied on. His persistence meant that he won the bronze medal.]

Ask yourself: "Can I give more?" The answer is usually: "Yes." ~Paul Tergat, Runner

Any idiot can train himself into the ground; the trick is working in training to get gradually stronger. ~Keith Brantly, Runner

Mind is everything. Muscle—pieces of rubber. All that I am, I am because of my mind. ~Paavo Nurmi, Runner

There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do. ~Derek Jeter, Professional baseball

Stubbornness usually is considered a negative; but I think that trait has been a positive for me. ~Cal Ripken Jr., Professional baseball

Some people say I have attitude—maybe I do...but I think you have to. You have to believe in yourself when no one else does—that makes you a winner right there. ~Venus Williams, Professional tennis

Your biggest opponent isn't the other guy. It's human nature. ~ Bobby Knight, Coach

The key is not the will to win. Everybody has that. It is the will to prepare to win that is important. ~Bobby Knight, Coach

Make each day your masterpiece. ~John Wooden, Coach

Do not let what you cannot do interfere with what you can do. ~John Wooden, Coach

Title	Artist	Album	Available From
Victory	Future World Music	Behold	iTunes, eMusic
Nobody But You	Serena Ryder	Harmony	iTunes, eMusic
Dawn of Victory	Rhapsody	Dawn of Victory	iTunes, eMusic
Victory (Magnus Fiennes Mix)	Bond	Born (UK Bonus Edition)	iTunes
Victory of Life	Future World Music	A Hero Will Rise	iTunes, eMusic
Victory Dance	My Morning Jacket	Circuital	iTunes, eMusic
Till Victory	Patti Smith	Easter	iTunes, eMusic
Victory Strikes Again	Andrew W.K.	The Wolf	iTunes, eMusic
To Victory	Tyler Bates	300 Original Motion Picture Soundtrack	iTunes, eMusic
Victory	Mankind is Obsolete	Rise	iTunes, eMusic
Dawn of the Olympic Heroes	Patriotic Fathers	Complete Music of the Olympic Games	iTunes, eMusic
Victory	The Duke Spirit	Kusama - EP	iTunes
Victory	The Weekend	Teaser	iTunes, eMusic
Victory	Within the Ruins	Creature	iTunes, eMusic

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Strength of Spirit	Patriotic Fathers	Complete Music of the Olympic Games	iTunes, eMusic
Victory Does Not Make Us Conquerors	Ramin Djawadi	Game of Thrones	iTunes
Victory	Siinai	Olympic Games	iTunes