

If You're Lucky Enough to be Irish, You're Lucky Enough!

St. Patrick's Day Celebration

Created by: Richard Mullins
Working intensity: moderate to very hard
Length: 50 minutes

Concept Behind the Profile

Ireland has a population of 5 million people, but 70 million people call it home. We are the friendly Irish and we are the fighting Irish!



I've picked several key moments in Irish culture that got Ireland noticed across the world and tied them into working intervals of varying duration. The terrain of Ireland is constantly changing, so be prepared for terrain that could always shift under your feet! The scope of this profile is to work below threshold, then at threshold, and finally give riders the option to work above threshold.

When you ask a tourist about Ireland or if you think about how Ireland is perceived outside of our small isle, we are, in many cases, associated with the colour green, Guinness, and anything else that fits a stereotype. All one has to do is look at any tourist T-shirt! Let's think beyond these stereotypes; Ireland has thrown herself into the world arena many times over the last few years (and before that) in the areas of dance, film, music, economics, and politics. These pivotal moments have slowly changed how we are perceived in the world. As the ride begins, I do like to mention a few quotes that various film and TV characters around the world have referenced about Ireland to lighten the mood. I will include some at the very end of this profile. As well as adding a little fun to the start of this interval-based profile, these quotes also act as a contrast to more of the contemporary references that will be touched upon throughout the ride.

This is a fun ride that might act as both a geography lesson to your students and give them a chance to see what 21st-century Ireland is all about and what has helped it rise up on the international stage.

Profile Objectives

The main goal of this profile is to experience work below, at, and above threshold. We will first do two aerobic intervals, gradually ramping up intensity, before engaging in two intervals at threshold, and two intervals that start below threshold but finish very strong above threshold.

The working intervals are broken into three blocks of work. The breakdown is as follows:

- Block 1: 2 x 4-minute aerobic intervals below threshold (around 10 beats below) followed by 2 minutes of recovery
- Block 2: 2 x 5-minute intervals at threshold followed by 3 minutes of recovery
- Block 3: 2 intervals building up over the course of 4 to 5 minutes with the option to cross threshold by a few beats for approximately 90 seconds.

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There is a wide range of intensity available to students. The intervals are extensive and students will be asked to stay focused on how they are feeling. The working intensity will range from *moderate* to *very hard*. During our threshold work, students will be asked for a “best effort” they feel they can sustain over 5 minutes without losing control. I cue students a choice in how they can go about this. If they are unsure of what effort they have to give today (stress, lack of sleep, etc.), they can gradually build their intensity up over several minutes so that they hit their target “intensity peak” or threshold during the final minute or more. Or, for those who have been training for a while and are familiar with what they are doing, I ask them to hold their target intensity (threshold) for the full 5 minutes.

To tie in with the Irish theme, each of the working intervals is related to an Irish moment. It will look like:

- Moment that got Ireland noticed (example, Riverdance)
- Location (example, Dublin)
- Result: Let’s test out Dublin’s terrain!

There is a lot of freedom, however. Depending on how familiar you are with Ireland, you may wish to choose other moments and other cities. Go for it! I picked three to four that I knew resonated with my students. Here are some examples:

- Riverdance
- The building and sinking of the *Titanic*
- Irish sporting moments, including cycling (of course), boxing, athletics, soccer, golf
- At the end of the profile, I have listed some additional thoughts for themes that you can use instead of, or in addition to the ones in this profile

Preparation

Have a good mixture of music in your playlist. I included what is considered traditional-sounding Celtic music alongside modern music, from Saor Patrol to Mumford and Sons (yes, these guys are British but they “sound” Irish). I have also provided a list of alternative songs at the end, and you can also select from the ICA playlist of 101 Irish songs.

I chose four moments that highlight Irish history on a global arena: Riverdance, the *Titanic*, and sports. The moment is accompanied by the city it took place in, or a location tied to it, and our interval is done over the terrain at that location. So, not only do you get to learn about Ireland, you get to feel it under your feet too!

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Pre-Class & Warm-up

Seed, Afro Celt Sound System, 6:25

Life Begins Again, Afro Celt Sound System, 6:22

Begin by gradually getting riders ready for today's ride, explaining the premise. I explain to riders today's target intensity by telling them what their heart rate should be for the varying blocks of work (sub, at, and above threshold). I also cue RPE throughout, paying particular attention to their breathing at each intensity.

Today's ride is going to take us on a history and geography lesson throughout Ireland. We are going back in time to take a look at some of the key moments we might remember that really put Ireland on the map. You can start taking a guess in your head now what some of those might be!

This will be a ride of varying terrain and intensity. We will start with aerobic work several beats below threshold. We will move to two intervals right at threshold. Towards the end of class, we will have the option to work a few beats above threshold if you are feeling up to it. I ask that you listen to your body and check in with how you are feeling today. If you are up for it, those last two intervals you can really give it your all!

I cue the following zones:

Zone 1: Easy (nasal breathing easily achieved, conversational)

Zone 2: Moderate (A little less conversational...Elvis pun intended)

Zone 3: Hard (Noticeable shift in breathing, deep nose and mouth breathing, labored but controlled. You can tolerate it. May speak a handful of sentences but it will require a few big breaths to do so. Would prefer not to speak.)

Zone 4: Very Hard (Something that you cannot sustain for long as your legs and lungs will eventually talk to you. Breathing will become erratic here. Anaerobic.)

(Editor's Note: Modify this to the zones your students are used to using. Richard uses a 4-zone methodology in which Zone 3 = threshold and Zone 4 is anaerobic efforts above threshold. Most ICA profiles use the 5-zone method, with Zone 4 = threshold, and Zone 5 anaerobic. Both methodologies are acceptable; neither is better than the other. The 4-zone methodology may be simpler for students to grasp. All that matters is that you stick with what your students are used to and modify accordingly.)

For students without heart rate monitors, I get them to focus into Zone 3 = *Hard* for their threshold effort. With that as their benchmark, they can work backward (below that level of intensity) to determine their aerobic efforts.

As we get started, I do a body check with my students:

Okay folks, do a quick check. Check waist up: shoulders not becoming too friendly with ears, a comfortable hand position that allows the arms to be unstacked. Can you dance with the fingertips?

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When the second song kicks in:

Now that we have checked waist up, can we check and scan waist down? Where are your knees? Thinking of your shoe as a pane of glass, is there anywhere along your pedal stroke that risks cracking that pane of glass?

At 2:15

Hear that? This song is called “Life Begins Again.” That is something to remember. There are many pivotal moments throughout the last few years that shot Ireland into the international spotlight and showed the world that Ireland is truly a country with passion, talent, and culture. Let’s feed off some of those moments today.

Gradually use your resistance to add a few beats every minute to your heart rate. Let the road under your pedals feel real, bringing you from “easy” to “moderate,” where breathing will still be relatively easy but we will need to work a little more for it.

Block 1: Aerobic Intervals

Reel Around the Sun, David Spillane *et al*, Riverdance, 8:42

(Alternative: Reel Around the Sun, The Fire of Dance Ensemble, 4:25)

The Stomp (Roadtrip), Saor Patrol, 4:14

The following two aerobic intervals are around 4 minutes in duration with a minute of recovery in between interval 1 and interval 2. A second important point: interval one starts around 2:40 into “Reel Around the Sun”; if you are not comfortable with the long, quiet buildup in the song, there is an alternative version available without the soft intro which I have highlighted above for you. When “Reel Around the Sun” begins:

Listen to that soft energy...it reminds you of Ireland, doesn’t it? I think wherever you come from, hearing this makes you think of Ireland. For me...all I see and feel when I listen is the morning mist lifting off the hills and seafront by my home. There’s a buildup coming, you can almost feel it on the tip of your tongue, hear it gently tease us. This is our calm wake-up call.

Find your preferred cadence. Mine is a little over 90 rpm. Yours may be a little slower or a little brisker. Wherever your preferred cadence is, you must have control. That first working block is a little bit away. We will spent the next 2 or so minutes getting ready by allowing the morning fog to lift from the seafront until you can see clearly the road in front of you and behind you. Clarity will lie ahead.

Historic Moment: Riverdance at the 1994 Eurovision Song Contest

Location: Dublin

Terrain: Flat. Apart from the Dublin Mountains surrounding the city, that city is FLAT!

I will need you for the hills later.

These two aerobic intervals are done 10 beats below threshold or moderately hard (but not “hard” according to zones listed above). They are 4 minutes in duration. These aerobic intervals are done in the saddle (take the occasional break if needed).

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At 2:40 when the music kicks in (the part everyone recognizes):

Let's face it...we all knew this one was coming! If you know anything about Ireland, you remember the Riverdance explosion. It exploded in Asia, New York, London. It sold out all over the world. It began one evening in 1994 on the Eurovision song contest on TV. This is a music competition for the different countries in Europe where each country is represented by a musical act. Ireland has won this competition several times. In 1994, we hosted this contest. Riverdance was the interval act. When the performance began, everyone in Ireland thought that this would be a typical Irish dance, and then...out of nowhere...jaws dropped at the sheer power and passion of the performance by the troupe! Michael Flatley's name became synonymous worldwide with Irish dancing following that night. It took Irish dancing to the next level and placed Ireland on the world map!

(Editor's Note: Richard, the author of this profile, was a drummer with Riverdance at the Special Olympics Opening Ceremony in 2003 and performed at the [then] largest performance in front of 80,000 people. Richard describes the raw passion, emotion, and energy that went into that performance as mind-boggling.)

Here are some facts that you can throw at your students about the effects this performance had on the world: It spent 18 weeks at #1 in the charts. Did you know Riverdance campaigned "Riverdance for Rwanda" in response to what was happening in Rwanda at the time? Riverdance also went on to huge success in London and New York and other areas of the world in subsequent years, bringing together something traditionally Irish while putting a contemporary twist on it. Riverdance is coming up to its 20th anniversary!

At 4:30:

Feed on the energy of the music and the feet tapping but don't let it carry you away to a place that you know we won't touch quite yet. Stay below threshold. Be "bottom-heavy, top-light" on that bike. Feel like a rope is pulling your bike along the road rather than you using up too much of your energy.

How is your intensity? Are you close? Over-reaching? Under-reaching? Check in and make the necessary adjustments if needed.

Are you maintaining a consistent pedal speed?

For your riders that may be tempted to push their intensity a little too far at this stage, remind them that they will have the opportunity to do so in the next two working blocks. I remind them of two Irish proverbs:

Don't go early or late to the well.

Patience is a virtue. God gave plenty to women and none to men. Be patient!

As the song approaches 7:00, pull back your effort and recover. You will clearly hear this in the music. I have cut the last 40 seconds out of this song (from 8:00 to 8:40) using DJ mixing software (Mixmeister.com). If you do not have access to this or have a way to do this where you

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teach, the alternative version of the song would be a good option for you, but you'll need to add a short recovery song in between the intervals.

Soar Patrol's "The Stomp" then starts and I ask riders for a repeat effort 10 beats below lactate threshold heart rate, cueing them the same as the previous interval.

Recovery

Take it and Run, Dropkick Murphys, 2:44

As this song begins, I ask riders to be reminded of recovery and how we can appreciate it after efforts that are slightly longer in duration. This is our preparation time before we hit threshold work.

Block 2: Threshold Intervals

Weramur, Saor Patrol, 5:29

The Man Who Built America, Horslips, 3:47 (recovery)

The Cave (extended), Mumford & Sons, 5:16

Hopeless Wanderer, Mumford & Sons, 5:08 (recovery)

Songs 1 & 3 are our working intervals at threshold and songs 2 & 4 are our recovery songs.

**Historic Moment: Irish Sporting moments of your preference.
Many of the athletes cited below come from Dublin, so from Dublin city
to the Dublin Mountains we go. Challenge on!**

Irish instructors have a lot of ammunition to use for this one as we have rugby references, hurling, and GAA reference (Gaelic Athletic Association). There is no shortage for anyone, though! Cycling, athletics, and golf also rank up there. Here are some of my picks that you can work into your two threshold intervals, but pick what is comfortable for you. If you like cycling, then it will be easier to use. But boxing could be an opportunity to showcase something that you would never think about when you think of the Irish, but hey, we are the *fighting Irish*!

Dan Martin winning Liege-Bastogne-Liege

2013 was the year cycling returned to the Irish sporting mainstream. Irish cyclist Martyn Irvine saw glory when he became world track champion in February 2013. Nicolas Roche grabbed a superb Vuelta a Espana stage win in late August. In March of 2013, Dan Martin, racing for the American team Garmin Sharp, made headlines. He had his most important stage race win when he clinched the Volta Catalunya course and won stage 9 of the Tour de France for the first Irish tour stage win since Stephen Roche in 1991! That's not all. Martin's biggest moment in 2013 was his astonishing win in the Grand Monument of Liege-Bastogne-Liege. This was single-handedly Ireland's biggest cycling moment in two decades; it gave us a fantastic image of Dan been chased by a panda as he fought for the finish line!



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Boxing from the 1992 & 2012 Olympics:

These two moments were monumental for Irish sport on an international scale. For Michael Carruth in 1992, it was the first gold medal Ireland had won since Ronnie Delaney had won gold in the men's 1500m event in the 1956. The southpaw from Dublin won against Cuban Juan Hernandez Sierra in a fight that kept us on our toes in a final that was thrilling. Fast-forward to 2012 and whether you were a boxing fan or not, you could not help but get caught up in the hype surrounding Katie Taylor. She won against Russia in the women's lightweight final in London's ExCeL arena. Ireland's Eirgrid national Control Centre reported a national 6% drop in electricity demand during the boxing final!

Again, you have options. You can coach the threshold intervals below through describing your event of choice or simply referencing it. I had students work 5 or so minutes at threshold on a hill and recover for 3 minutes. We repeated this one more time.

Beginning the intervals, when the song “Weramur” by Saor Patrol kicks in, it is our first hill at threshold. Our cadence here will be in the 70s (matching the beat).

Threshold. It is definitely a challenge, comfortably uncomfortable. We are travelling now to the Dublin Mountains (also known as the Wicklow Mountains). This is among the largest continuous upland areas in Ireland. This area occupies and borders a few counties, towns, and cities surrounding Dublin (going into Counties Carlow, Wexford, and Dublin). The highest peak is at 925 metres (3,035 feet). What makes this terrain tough? The area is filled with granite, older rocks, and quartzite. This adds to a bumpy, challenging ride!

For the first round, riders should remain seated for as much as they can. They can take saddle breaks when required (especially if newer students) but keep them short. Throughout, I ask riders:

How does Dublin feel? How does the incline taste? What do you need to do to stay on task? Remember, your breath is your fuel. It will be labored, it will be deep, but you are not out of control or breathless. Find a pattern to it. Inhale. Exhale. Nose and mouth. Make every breath count. You may feel a knocking on the door to your legs; you KNOW it is your job to say, “You cannot come in. Right now, you are not welcome!” Hills can make you feel more vulnerable, but we turn that into overcoming a challenge!

When our recovery song begins, have riders find their “moderate” zone.

We have a little over 3 minutes here to let our heart rate drop down about 20–30 beats. Not down to Zone 1; this is still doing work but we can cruise here for a long time.

How are we doing? Can we smile? Give a thumbs-up? Think of the Guinness we can enjoy after our ride!

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When the next song (Mumford & Sons) kicks in, we are back to our second threshold hill effort for a little over 5 minutes. This time give riders the option to leave the saddle at minute 2 and minute 4 for 1 minute each.

If you are going to take the option to stand, then you need to stay at threshold and not risk going above it. You know that when we climb on a hill, it is because there is a reason for us to do so. Commit to this intensity and if you stand, commit to keeping it.

For your sporting focus for this second threshold interval, choose one of the Irish athletes I list at the end of this profile. You can choose another cycling star (Stephen Roche or Sean Kelly), golf, soccer, athletics, or boxing. Ireland has many champions on the world stage!

The song “Hopeless Wanderer” acts as our recovery and our transition to the final block of work.

Block 3: Above Threshold Intervals

Upercoyke, Saor Patrol, 4:18

Live On, Hermitage Green, 3:25

M.S.B., Saor Patrol, 4:49

Golden Rule, Hermitage Green, 3:25

Historic Moment: The *Titanic*’s last stop before departing Ireland

Location: Cobh, Co. Cork

Terrain: Mixed

Songs 1 & 3 are our working efforts, and songs 2 & 4 are our recovery. I give students options.

- Option 1: Gradually build up intensity over the course of the interval. First 90 seconds is “moderate,” the next 90 seconds is “hard” (right at their threshold), and the “home stretch” can be several beats over your LTHR. So in the first interval this time would be 1:18 and in the second it is more challenging at a little over a minute and a half.
- Option 2: Instead of going over threshold, students can remain at threshold for the final push.

The Titanic has been such a global reference that multiple films have been made about it. Its origins started in Belfast, where the ship was built. Not many people know that it stopped in the little town of Cobh in County Cork before departing on its voyage. A Titanic Experience museum was opened in 2012, taking advantage of this historic (and potentially profitable) connection. Tourists can also take a guided “Titanic Walk” around Cobh!

In Cork, you never know what will come next. It is FULL of surprises. Let me tell you what makes Cork so special! The city of Cork is small, compact, buzzing with music, arts, and plenty of pubs with Guinness on tap! It was built on the banks of the River Lee. Over time, the population of Cork increased, spreading outwards from where it originally developed. In the 18th and 19th centuries, rich merchants built houses to escape the noise of the city. The result? Cork continued to be built on the very steep banks of either side of the River Lee valley! Welcome to Ireland!

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The incline really hits you on the hills. What looks nice from a distance feels very different under the feet! We have two final blocks of work. We will spend time building up over the course of 3 minutes and then you have 90 seconds to work at your “best effort” for this time. A couple of beats above threshold, but something that you can sustain for just about that amount of time. Notice “best effort” doesn’t always mean “hardest.” If you feel like you need to back off, then back off!

The first working effort builds up on a flat road of 90+ rpm. If you follow the beat of the music it will have you pedaling around 90 and then the beat changes, bringing us into the 60 rpm cadence range. Students will follow the music.

Knowing the terrain of Cork, you need to be ready for anything to happen! With 2 minutes to go, the terrain dramatically changes; our flat road becomes a challenging hill as we leave Cork city and head for the suburbs and our pedal speed will settle between mid-60s and 70s. When those last 78 seconds kick in, you know it! Go for it! It is so worth it at the top. You may feel vulnerable getting there, but the views will put a permanent smile on your face. Don’t get to the top knowing you could have done it differently!

The recovery song is 3:25. During your recovery when “Heritage Green” kicks in:

Embrace your recovery. You have 3 minutes to find somewhere close to nasal breathing. If you completely lose focus, dial a little resistance back in. Do a quick body/bike check. Head, shoulders, knees, and toes. Check in on what you have done and how far you have travelled. Does anything need to be addressed?

Our last working interval kicks in with “M.S.B.”:

We are out of the Cork suburbs! You have one last working interval. This time it’s steady at around 90 rpm (following the beat), building up the intensity over the 3 minutes. You can work that build-up in two ways. Gradually increase intensity minute by minute, so that you are ready to go a few beats over threshold for the last 90 seconds. When you have done five rounds of work, what does this sixth round mean to you? Is it going to get you closer to your goal? Hook in and hold on.

The recovery song “Golden Rule” starts at this point and riders are cued to release resistance and begin to comfortably cruise.

Sometimes it is a matter of taking off just what we need from our resistance dial when we recover. After the work you have just completed, it is okay to take off what you want, provided you keep a little control over the flywheel. Well done! Light pedaling, light resistance, light breathing, light body, and of course, light smiles!

Cool-down and Stretch

One Love, U2 & Mary J Blige, 4:20

Dark Roman Wine, Snow Patrol, 4:16

With or Without You, U2, 4:56

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I tell riders to:

Take the first few minutes that we spent during the warm-up and let's do them in reverse, gradually winding down. Spend time thanking ourselves for the work we have done.

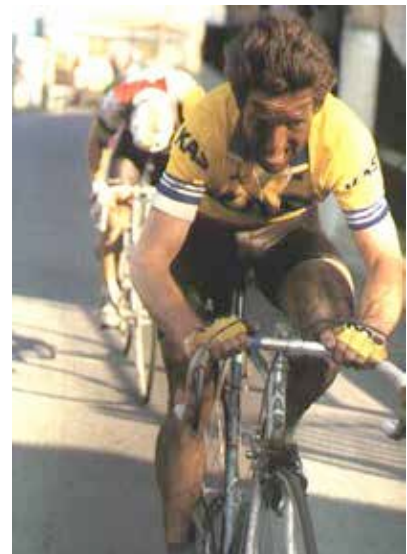
Well done! There's more to Ireland than Guinness, leprechauns, and green T-shirts that proclaim, "Kiss me, I'm Irish!" Was it easier or harder doing this mixed-interval ride to events and moments that we may have forgotten or moments we grew up to? Yes?!

Complete whatever cool-down and stretch is appropriate for your class and time slot.

Alternative Irish Sporting Events

Here are some other ideas that you can use as sporting moments in place of or in addition to the ones I used. I have tried to appeal to a variety of sports.

- Golf: Padraig Harrington becoming the first Irishman to win the Open in over six decades in 2007. A year later he became the first European to win back-to-back Opens.
- Athletics: Sonia O'Sullivan completing in four consecutive Olympic Games ('92, '96, '00, '04). She won a silver medal over 5,000 meters in 2000. On top of this she was twice Cross Country World Champion, as well as track world champion. In 1995 in Sweden, she won the 5,000 meters in Gothenburg. At Villanova, Sonia was a five-time NCAA individual national champion during her reign. If you love athletics, do a search on YouTube for Sonia O'Sullivan. Search for Sonia in the Sydney Olympic Games and career highlights.
- Cycling: During the 1980s, Ireland was hungry for international athletic talent and recognition. Cycling came knocking on that door with Sean Kelly and Stephen Roche (Nicholas Roche, his son, is referenced in my earlier cycling reference). Sports that would dominate in Ireland in the '90s had not yet come to fruition. Thanks to cycling, Ireland had its global stars. Sean Kelly, a tough farmer's son, and Stephen Roche, city boy from Dundrum, south of Dublin, were at the top of their careers. Sales of racing bikes had exploded and kids all over the country were flying around the country roads dreaming they were pro cyclists. In 1987, Roche won the Tour de France and the Giro D'Italia and Ireland went cycling crazy. The Taoiseach (Prime Minister) went to France to soak up the glory, there were victory parades through Dublin City, and Ireland had a new hero.



Sean Kelly is often considered Ireland's Greatest ever sportsman. John James "Sean"

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Kelly (born 24 May 1956) is an Irish former professional road bicycle racer. He was one of the most successful road cyclists of the 1980s, and one of the finest classics riders of all time. From turning professional in 1977 until his retirement in 1994, he won nine monument classics, and 193 professional races in total. He won Paris–Nice seven years in a row and the first UCI Road World Cup in 1989. He won the 1988 Vuelta a España and had multiple wins in the Giro di Lombardia, Milan–San Remo, Paris–Roubaix, and Liège–Bastogne–Liège. Other victories include the Critérium International, Grand Prix des Nations, and smaller tours including the Tour de Suisse, Vuelta al País Vasco, and Volta a Catalunya. Although Kelly never won the World Road Race Championships, he twice won bronze medals (1982 & 1989) & also finished fifth in 1987, the year compatriot Stephen Roche won gold. Kelly was first to be ranked No.1 when the FICP rankings were introduced in March 1984, a position he held for a record six years. In the 1984 season, Kelly achieved 33 victories.

- Soccer: The 1990 World Cup in Italy was a dream come true for Irish soccer fans. Although defeated, Ireland had been champions. A nation stood proud of their efforts. It was too much to expect a repeat four years later. Ireland's first game in the 1994 World Cup in the USA was to be a repeat of its last game in 1990; Italy in the Giants stadium, with Ireland forging ahead with an ageing team and an ageing approach to the game, bespoke humiliation. The heat, the skills of the Italians...Ireland was doomed. That is until the midfielder latched onto a loose ball in front of the Italian goal, hit a looping shot over his opponent and into the net. Then it became the Irish show. Ireland wrapped up the most glistened of Italy's strikers, repeatedly throwing himself between them and the ball. After the game, New York and New Jersey didn't know what had hit them.

Extra notes:

I toyed with the idea of using the emergence of Irish rock within my profile. It may be an idea that you would like to include. With the world knowing some big Irish artists, it seems like a great idea. Do a search on Wikipedia for Irish rock.

http://en.wikipedia.org/wiki/Irish_rock

Fun Quotes about the Irish:

Sidney Littlewood

The Irish don't know what they want and are prepared to fight to the death to get it.

Winston Churchill

We have always found the Irish a bit odd. They refuse to be English.

Jon Stewart

Making it [St. Patrick's Day] a great day for the Irish, but just an okay day if you're looking for a quiet tavern to talk, read, or have a white wine spritzer.

Sean Morey

I come from an Irish family. St. Patrick's Day was our big holiday. The night before we'd hang up our stockings and in the morning they'd be full of beer.

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Irish Toast:

Some may say the glass is half empty, some may say the glass is half full, but the Irish will forever say, "Are you gonna drink that?"

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Playlist

All available on iTunes

Pre-Class & Warm-up

Seed, Afro Celt Sound System

Life begins again, Afro Celt Sound System

Aerobic Intervals and Recovery

Reel Around the Sun, David Spillane *et al*, Riverdance

The Stomp (Roadtrip), Saor Patrol

Take it and Run, Dropkick Murphys

Threshold Intervals and Recovery

Weramur, Saor Patrol

The Man Who Built America, Horslips

The Cave (extended), Mumford & Sons

Hopeless Wanderer, Mumford & Sons

Above Threshold and Recovery

Upercoyke, Saor Patrol

Live On, Hermitage Green

M.S.B., Saor Patrol

Golden Rule, Hermitage Green

Cool-down and Stretch

One Love, U2 & Mary J Blige

Dark Roman Wine, Snow Patrol

With or Without You, U2

Alternative Options:

- A great option for an Irish feel are the Peatbog Faeries. You can search them on YouTube. Their albums are all available on iTunes.
- I referenced the Horslips in my profile. Do a search on YouTube to hear a wide variety of their songs.
- U2 is an obvious choice and they have a large variety of music that is suitable for a variety of intensities.
- Hermitage Green is an upcoming Irish band. Again, check them out on YouTube.
- Who can forget the Dropkick Murphys?! Great energy.
- The album *Riverdance (Music from the Show)* and *Riverdance on Broadway* have some nice pieces of music to select from. Both are readily available from iTunes. My personal favorites include “Martha’s Dance,” “Endless Journey,” and “Riverdance Reprise.”