

Created by Tom Scotto  
Training Type: Race Simulation  
Working HR Zones: Zone 4 to 5c  
Total Class Length: 60 minutes



## Profile Overview

A time trial is a different species of bike racing. A rider is on the road by him- or herself. There are no intermediate sprints, no KOMs. All that is seen is a rider with their head down, focused on getting to the finish line as fast as humanly possible. Much of the action is missing...unless, of course, we are allowed access to the often dark, turbulent, and dangerous place inside the rider's head.

I've done a few time trials in my day. I've never won or finished in the top 10 or top 20. I have been held captive by what has become known as the "race of truth." A race against time, and time waits for no one. It is not just the truth of who is the fastest. No, it is the truth that lies within us. During this unstoppable parade of torture we learn, in vivid color, who we really are and what we are made of—not just in the world of bike racing, but in life. Am I being overly dramatic? Maybe. Maybe not.



### Profile Objective and Intensity:

The objective of this profile is simple: ride as hard as you can for 40 minutes. This is not a flat time trial; it includes four climbs. These climbs are not categorized; however, when you are trying to ride at the edge of your limit, each will feel as if it is beyond category. The intensity is also simple: dance delicately between Zones 4 and 5. If you can go harder, do it; if you are about to blow up, back off just a sliver. If you feel good during this ride, more than likely you have reached Elysium.

### So what are the challenges?

Duration. Endurance. Tolerance. Discipline. Commitment. Pain. Fear. Vision. Confidence. Determination. The challenge is you. This profile forces you to simultaneously focus on the present, dealing with the task at hand, and keep a clear vision of the finish. Your mind will wander to the time remaining; you must refocus. You will remember weaknesses; you must refocus. You will push against your limits; you must focus. Forget. Focus. Forge the future.

### A Word About the Music

The songs I've selected for the time trail effort are designed to highlight the main theme or rider's thought of the moment. The music may be heavier than you are accustomed to, but from my personal experience and the experiences of those I have raced with, this is the general mentality and energy one looks for in empowering music. I have emphasized a number of the lyrics from each song that I will use to motivate or move my riders. I may or may not choose to say the exact lyric (surrounded by "[ ]"), but will provide some thoughts and inspiration as they apply to the rider's state of mind.

## The Basic Storyline

You are one day away from Paris and currently lie in third place. This time trial stands between you and winning the Tour de France. After 19 days of racing, your legs are unstable. You have heard and read about how impossible it will be for you to win. You are usually strong, but with the mental and physical fatigue of countless hours in the saddle, your mind is challenging your resolve. Fortunately, your director sportif and teammates believe in you. This belief is a double-edged sword—on one side providing confidence, while on the other, pressure. You will have to fight your demons, your critics, and yes, your opponents. Forty minutes can seem like a lifetime.

## Warm-up / Call to the Start

**Hip Hop Violin, BeatMichel, 3:12, 90 rpm**

**Dissolving Time, H.U.V.A. Network, 6:49, 90 rpm**

On certain days of the Tour, riders may pay attention to some of the history and culture of the start towns and villages. They will certainly know of the prestigious riders Jacques Anquetil and Miguel Indurain, both of whom made history on a time trial between Bergerac and Périgueux. Anquetil sealed his second victory in 1961 and Indurain captured the yellow leader's jersey in 1994. These towns in southern France are beautiful and riddled with intrigue, but today the riders have tunnel vision. They have turned inward.

*You are about to start a journey. A journey not on a bike or on a road, but within yourself. This ride will challenge your fitness, your mental and physical stamina, and your resolve.*

*As you warm up I need you to put your assumptions aside. If you are not feeling your best today, don't put too much weight on that feeling until you have begun. If you are feeling strong, do not become over-confident. The challenge will not be how you feel now, but what you are willing to do and where you are willing to go.*

*You currently sit in third position overall (general classification). You are within striking distance of the leader, but it will take all you have. Tomorrow we ride into Paris. Regardless of whether your jersey is yellow tomorrow, you will ride today's time trial like a champion. Your teammates believe in you. The other teams have their doubts. The spectators and media do not believe it can be done. Your director sportif believes in you. What do you believe?*

*You are not interested in talking to people before you take your position on the start line. There are just too many voices in your head vying for your attention. There are too many emotions trying to take your body captive.*

*Once the warm-up is over, your goal will be to remain at your sustainable limit for 40 minutes. What is your sustainable limit? You may need to find it. You may rise above*

*what you thought your limit was. Your target is to sustain an effort that dances between Zones 4 and 5. In reality, you will be dangerously teetering between 85 and 95 percent.*

*You will also encounter four climbs. Even though these are not categorized, the intensity of your effort will transform each into a beyond category ascent.*

## **I Have Just Begun!**

### **Fight Like This, Decyfer Down, 4:25, 105 rpm**

The time is now. Have your riders imagine the cheering crowd as they position themselves in the start house. Their minds are racing. Officials are speaking in French. Riders are given instructions in English. Basically, follow the course and abide by regulations concerning approaching and passing (or being passed by) other riders.

*As if having an out-of-body experience, you receive the countdown for your start. You push on the pedals and roll down the start ramp. You notice in your peripheral vision your team car taking its place behind you.*

*In your right ear is a headphone, and you hear the voice of your director sportif: "This is it. It is time to show everyone what you can do."*

*["Your time is done, I'm moving in"]  
["I've come to fight or lose, so go ahead and try me"]  
["You know I've just begun, **just begun**"]*

*["You've never seen a fight like this before"]  
You are going to show the media, your critics, and your opponents a battle they have never seen before*

*["You've crossed the line that I cannot ignore"]  
They have pushed you too much. You are going to prove them you are a champion.*

*["Feel the pain, I'm raining down on you"]  
["You won't deny my will, cause what I start I will follow through"]  
This is the time to set your initial tempo, your initial intensity. What is the best cadence for the most power, endurance, and efficiency?*

*Find your sustainable place. Test it. Push it.*

*["Craving all that I can see"]*

*["Making something out of me"]*

*You see the crowds. You see the road ahead of you. You are confident in your ability. You start visualizing yourself crossing the finish as the victor.*

*You know in your heart of hearts, this day and this race within a race will make something out of you. You will not just be a winner, but something much stronger.*

## **There Ain't No Breaking Me**

### **I Am Rock, Rock (Of Heltah Skeltah), 3:51, 92 rpm**

After 4 or 5 minutes, riders need to start settling into a rhythm. We are still on a flat road, but the first climb is steadily approaching. Riders may feel the first negative pangs rattling their confidence. This is where one's coach and/or director sportif plays a critical role—keep the rider from going into the dark place.

*You again hear your director sportif over the radio in your right ear: "OK, it is time to settle down. You look rock solid. Keep it steady and strong."*

*["You can cry, sniffle, whine, run, hide...you can't really get away from me"]*

*Maybe you are feeling something that is starting to rattle your confidence to sustain this effort for 40 minutes. Push those excuses aside.*

*["I am Rock"]*

*["There ain't no breaking me, shaking me..."]*

*["That ain't no earthquake, it's me"]*

*This is who you are. You cannot be broken. You cannot be shaken. People will hear the sound of your wheels and feel the wind as you race by. They will see that you are Rock.*

*["I am a survivor...be right there where the legend be"]*

*You are not just surviving to ride your bike another day; you are surviving to prove you are a legend.*

*["I'm an unbreakable"]*

*["Life is about struggling and overcoming your shortcomings, not about huffin' and puffin'"]*

*What you are feeling is normal...well, normal in context. Your mindset needs to be one of overcoming.*

*If your breathing is out of control and you are huffing and puffing, it is time to focus on taking a deep breath in and a long exhale out. Regain control.*

*[“Get in touch with that inner energy”]  
You can become weary and pull negative energy to the surface, or you can propel yourself with inner energy that is positive.*

*[“Game face on”]*

*[“I am Rock, you can’t really injure me”]  
[“I get stronger every time you try to finish me”]  
This is your resolve. Riders have tried to drop you on climbs. Teams have attacked you on the road. Every time they tried to crush your spirit, you have come back stronger.*

*[“I’m going hard until I can’t no more”]*

## **Surrender**

### **Surrender to Reason, Dream Theatre, 6:35, 97 rpm**

At the 11 km mark, your riders approach the first climb. Unlike stages with categorized mountains, these climbs are not as steep, but will challenge their stamina. Ideally, riders will be better served with higher cadences (80+ rpm). Faster leg speeds will jack up the heart rate but will spare the legs. There are no other riders to pace. There is no peloton to hide in. All eyes will be on them.

*Your director sportif crackles over the radio: “You have come upon the first climb of the stage. This will be the initial test of your legs and your mental toughness.”*

*[“In moments of pain, where heart and mind collide”]  
This will be one of the battles that you will need to fight—the battle between heart and mind. Your heart is that of a champion, but your mind is subject to reason. Your mind will reason that you are fatigued after 19 days of racing. Every negative thing will enter your mind as you reconcile how your body feels on this climb.*

*[“Self-reflection helps me decide”]  
If you are truly pushing your limit, self-reflection will come to the forefront. You quickly realize this race has nothing to do with the bike you are pedaling and everything to do with the internal strength you are willing to display.*

*[“I believe the sacrifices in life give more than they take”]  
You have made sacrifices for your team, for your sport, and for your health. It is now that you see the benefit of all of them.*

*[“That with which we struggle through we’ve learned to embrace”]  
[“When boundaries are found, surrender to reason”]  
This is where our minds can go off course. Our focus suddenly turns to our struggles and all the ways we can fail. You begin to surrender to your reasoning.*

*["My heart and mind unite... Help me find my way... Help me find my strength... Surrender to reason."]*

*Your heart begins to settle down and listen to the reason of your mind. You realize this is not a good place to be, but you are having a hard time breaking free of your thoughts. Your strength is diminishing. You are surrendering.*

## **That Rider Is Going Down (Time Check: 19 km)**

### **You're Going Down, Sick Puppies, 3:07, 89 rpm**

At kilometer 18, stuck in a moment of despair, your rider crests the top of the climb and everything changes. They see the rider who left the start gate one minute before them in the distance. They are not sure they can catch them, but the possibility has lit a fire that could overcome their surrender.

*Your director sportif snaps you out of your downward spiral: "Do you see what I see? Look, I believe you can catch that rider ahead of you. You didn't realize you've been gaining on him/her the entire time!"*

*As you crest the top of the climb, emotionally succumbing to the reality of your mental and physical fatigue, you spot a rider in the distance. You realize this is the rider who started one minute before you. This is all it takes to recapture your focus and determination.*

*["Define your meaning of war. I feel the heat comin' off of the blacktop. And it makes me want it more"]*

*War has been declared. You are feeling the road. You are now flying downhill in pursuit.*

*["Because I'm hyped up, out of control. If it's a fight, I'm ready to go. I wouldn't put my money on the other guy. If you know what I know that I know"]*

*You've got your fight back. Your confidence has returned.*

*["Cause one of us is going...one of us is going down. But you got the message now. Yeah, you're the one that's going down"]*

*You're not just going to catch up with the rider ahead of you—you are going to pass them with such a show of strength and power, their motivation will literally be crushed.*

## **Can't Nobody Stop Me**

### **No Way to Stop Me, Royce Da 5'9", 3:37, 96 rpm**

The road once again turns uphill at kilometer 23. Your class is still in pursuit of the rider ahead and visibly gaining ground. This continues to build confidence and makes your riders feel as if they are unstoppable. This is the energy they need. The energy that will drive them to win.



*Your director sportif sets your thoughts for the climb: "I want you to set your mind on the win, not just on the rider in front of you. Yes, you will catch them, but it will only be the beginning."*

*["Shoot for the stars"]*

*["No way to stop me!"]*

*As you approach the second climb, you are on fire. Your legs have regained their strength. Your mind will not take no for an answer.*

*["Never see how second place feels"]*

*The challenge of catching this rider helps you believe that you can win again. Seeing this rider within striking distance confirms that you are riding stronger than you thought. You will not see second place.*

*["I vowed to myself that I wouldn't melt"]*

*["Can't nobody stop my...dreams"]*

*What are your dreams?*

*["Shoot for the stars and refuse to lose"]*

*Refuse to lose!*

*["Hungry as a hostage"]*

*"How hungry are you?"*

*["I'm a winner so I move with a vision"]*

*Do you pedal as if you are on a mission?*

*["You can't stop my mission"]*

*Your mission is to win this day.*

*["Never back down, bring the challenge"]*

*["Full steam ahead... Go hard...and refuse to lose"]*

*Are you riding at your sustainable best? Can you take it up a notch? Are you demonstrating that you refuse to lose?*

## **Stifling the Critics**

### **Unbreakable, Firefight, 3:21, 91 rpm**

At kilometer 29, your riders crest the top of the second climb. Each pedal stroke feels effortless and they feel powerful on their bikes. This wave of dominance creates boldness on the descent. This is where they catch the rider who has been visually taunting them for the last 11 kilometers.



*[“Where are the people that accuse me? The ones who beat me down and bruised me?”]  
Where are my critics now? The media? The other teams that didn’t believe in me?*

*[“Now I am unbreakable, it's unmistakable. No one can touch me. Nothing can stop me”]  
[“Sometimes it's hard to just keep going”]*

*[“Can I trust what I can't see? To reach my destiny”]  
You see the rider ahead of you. The rider you are about to catch, but you cannot see the finish and how the stage will end. You must overcome any doubt.*

*[“Forget the fear, it's just a crutch that tries to hold you back. And turn your dreams to dust. All you need to do is just trust”]  
Are you afraid of blowing up? Are you afraid of running out of gas? You must trust in your training. Trust in your coach. Trust in your desire.*

*You catch the rider ahead of you and pass them just before plunging into another switchback. You are on fire and fearless, carving through each turn without hesitation.*

*[“I want to dream again. Take me where I’ve never been. I want to go there. This time I’m not scared.”]  
Winning a stage of the Tour is a dream. You’ve never won anything in a race like this before. You WILL go someplace new!*

## **Dethrone the Leader**

### **Supremacy, Muse, 4:55, 80 rpm**

At kilometer 3, riders reach the highest point in the time trail. Energy overflows. With an open road ahead and a struggling, defeated rider behind, the only focus is winning the day...AND...the Tour.

*The commanding voice of your director sportif enters your head: “Forget everything that has happened up to this kilometer. All that matters is that line and dethroning the current leader.”*

*[“You don't have long, I am on to you. The time, it has come to destroy, your supremacy!”]*

*You are talking to the current Tour de France leader as if they are right in front of you, face-to-face:*

*“Enjoy your yellow jersey now, because I’m about to strip it from your shoulders.”  
“I’m bearing down on you.”  
“Every pedal stroke devours another second of your lead.”  
“I’m not going to win by seconds. No, I’m gong to destroy you!”*

*“The media has boasted of your unmatched abilities, that you have been holding court with all the other riders unable to touch you.”*

*“The time has come for me to destroy your supremacy!”*

## **Digging Deep (Time Check: 39 km)**

**Fire on the Inside, Pillar, 3:22, 99 rpm**

Over the top, at the second time check, your riders become possessed. After 30 minutes pushing their bodies to the limit and beyond, they finally realize this day has little to do with the bike but what is inside them.

*Director sportif: “You are showing everyone that you are a true leader. A leader does not take courage in their physical strength, but in what is on the inside. Don’t show me, the media, or your opponents; rather, show yourself what you have on the inside.”*

*[“Searching for that something that I’ve never known. Held captive by the pain...”]  
You have to search deep within yourself to find something that can push you beyond the pain in your legs and lungs.*

*[“You’re keeping me alive. With this fire on the inside”]  
Stoke up that fire on the inside. Let it become the focus of your strength.*

*[“The battle wages on. Gotta watch my back this time, so I know where it’s all coming from. It’s like a shadow I can’t see, and it’s sneaking up on me”]  
The rider you passed earlier is still behind you. Riding hard will keep them from sneaking up on you. Will keep your doubts from sneaking up on you.*

*It is time to transform that fire into an inferno.*

## **Overwhelmed By Fatigue**

**Coming Undone, Korn, 3:20, 75 rpm**

Welcome to the wall: the steepest climb of the stage. At the 46.5 km mark, this climb feels like getting hit with a baseball bat, as both your mind and body are slammed with despair. The challenge of being on the edge of one’s ability is going too hard and tumbling over the ledge. Your riders have found their limits and look over the cliff into darkness.

*As you take the first few pedal strokes of the final climb, your director sportif realizes you are in trouble: “All you have to do is get over the top of this climb. It is a wall, but I have seen the strength you have and know you will conquer it.”*

*["Keep holding on, when my brain's tickin' like a bomb. Guess the black thoughts have come again to get me"]*

*You realize, possibly for the first time, how tired you really are. Your legs scream profanity and your lungs heresy. The road ascends to the sky, but your energy descends into a black hole.*

*["Wait...I'm coming undone! Irate...I'm coming undone! Too late...I'm coming undone. What looks so strong so delicate"]*

*Your cadence begins to slow. Your breathing rhythm quickens. How quickly everything turned from powerful victory to crushing defeat. How can one be so strong yet so delicate?*

*["I'm starting to suffocate, and soon I anticipate...I'm coming undone"]*

*Regardless of how hard you breathe, you cannot get enough oxygen. You know it is just a matter of time. You are done.*

*["Choke, choke again...They're out to get me"]*

*You remember how many times you've tried to win in the past; how no one believed in you. Everyone wants to see you fail. You are choking again.*

*["I'm trying to hold it together. Head is lighter than a feather. Looks like I'm not getting better. Not getting better!"]*

*You make feeble attempts to regain your confidence, but your mind rebels and your body continues to suffer. As hard as you try, you are not getting better, stronger, or faster.*

## **Overcoming Turmoil**

**Durga, E.S. Posthumus, 3:41, 78 rpm**

With just under 4 minutes to go, your riders must pull themselves out of the doom and gloom and take control of what is there for the taking. Every thought, good and bad, will flood their mind and plague their body. They have approximately 2 minutes (1:56) to descend and recapture their fire, determination, and strength before the final 1 minute and 45 seconds uphill to the line.

For you music fanatics, "Durga" means "The Invincible," and climaxes to a dramatic finish at 3:37.

*Your director sportif startles you back to the reality that you can still win this day: "All of the climbs are behind you. I want you to fly down this mountain like a bat out of hell. You will soar to the finish and you will win this! Say it to yourself, you will win this!"*

*Everyone falters. Everyone experiences weakness. Stumbling will not cost you the race, but panic can steal every bit of glory.*

*Remember the strength with which you started. That is how you will finish.*

*The pain in your legs is just a reminder of what you have overcome: every mountain and every challenge.*

*Every time you despaired, the chase and a dream pulled you back in the saddle; this is no different. You are chasing victory and you will catch her.*

*In the final kilometers you realize and embrace that you are in fact a rock and nothing has broken you.*

*There is no place for reason when confronted with an unreasonable demand.*

*One of us is going down and it is not me!*

*You are determined, now more than ever, to never see how second place feels.*

*The critics tried to accuse you of weakness; they tried to break you down and bruise your spirit. You have proven unbreakable. This is unmistakable!*

*The bike becomes your instrument of destruction, destroying the weakness and limits that claimed supremacy over you.*

*When muscles threatened to fail and the mind refused to believe, you returned to the fire inside.*

*You were overwhelmed and coming undone, but through perseverance, determination, and commitment, you won. You won something more important than a race; a battle against your most nefarious nemeses: yourself.*

**Hall of Fame (Cool-down and Stretch)****Hall of Fame, The Script, will.i.am, 3:23, 84 rpm****Alignments, AES DANA, 7:57, 105 rpm**

This is such a dramatic finish that the best cue can often be silence. Just let your riders listen to the words of “Hall of Fame”:

*[“Yeah, you can be the greatest”]*

*[“You can be the best”]*

*[“You can beat the world”]*

*[“You can throw your hands up”]*

*[“You can beat the clock (yeah)”]*

*[“You can move a mountain”]*

*[“You can be a master”]*

*[“You can go the distance”]*

*[“You can walk straight through hell with a smile”]*

*[“You can be the hero”]*

*[“You can get the gold”]*

*[“Breaking all the records they thought never could be broke”]*

*[“Yeah, do it for your people”]*

*[“How are you ever gonna know if you never even try?”]*

*[“When you're standing in the hall of fame (yeah)”]*

*[“And the world's gonna know your name (yeah)”]*

*[“Dedicate yourself and you gonna find yourself”]*

*[“Standing in the hall of fame”]*

Although stretching is important, I encourage riders to do this on their own because the transition to stretching can be anti-climatic and kill the energy in the room. Instead, I instruct them to ride as long as they need to adequately cool down. This may take longer for some.

Right now is the time for celebration because tomorrow we ride into Paris victorious.

## Playlist

Section	Music	BPM	Time
<b>Warm-up / Call to the Start</b>	<b>Hip Hop Violin</b> BeatMichel	90	3:12
	<b>Dissolving Time</b> H.U.V.A. Network	90	6:49
<b>I Have Just Begun!</b>	<b>Fight Like This</b> Decyfer Down	105	4:25
<b>There Ain't No Breaking Me</b>	<b>I Am Rock</b> Rock (Of Heltah Skeltah)	92	3:51
<b>Surrender</b>	<b>Surrender to Reason</b> Dream Theatre	97	6:35
<b>That Rider is Going Down</b> (Time Check: 19 km)	<b>You're Going Down</b> Sick Puppies	89	3:07
<b>Can't Nobody Stop Me</b>	<b>No Way to Stop Me</b> Royce Da 5'9"	96	3:37
<b>Stifling the Critics</b>	<b>Unbreakable</b> Fireflight	91	3:21
<b>Dethrone the Leader</b>	<b>Supremacy</b> Muse	80	4:55
<b>Digging Deep</b> (Time Check: 39 km)	<b>Fire on the Inside</b> Pillar	99	3:22
<b>Overwhelmed by Fatigue</b>	<b>Coming Undone</b> Korn	75	3:20
<b>Overcoming Turmoil</b>	<b>Durga</b> E.S. Posthumus	78	3:41
<b>Hall of Fame</b> (Cool-down and Stretch)	<b>Hall of Fame</b> The Script, will.i.am	84	3:23
	<b>Alignments</b> AES DANA	105	7:57