



## 1980s Retro Playlist

INDOOR CYCLING ASSOCIATION

Song Name	Time	Artist	BPM	Instructor Contributor	Uses
Take A Chance On Me	4:07	Abba	107	Lisa Piquette	I love this for an opening song
Poison Arrow	3:24	ABC	126	Richard Newman	intro song while class is setting up
I Saw the Sign	3:12	Ace of Base	97	J Sage	fast flat. Great for cadence drills
Goody Two Shoes	3:28	Adam Ant	95	J Sage	My roommate at UCSB was in love with Adam Ant, so I can't think of the 1980s without thinking of her and this song! It has a great beginning for your cyclists; there's no way to not grab that distinctive drum beat for your higher-cadence flats.
Take On Me	3:47	Aha	84	Lisa Piquette	Fast Cadence, Hill
Back to the 80s	3:43	Aqua		Annette	Warm up
Freeway of Love	5:33	Aretha Franklin	126	Lisa Piquette	Cadence Surges
Venus	3:37	Bananarama	126	Lisa Piquette	Muscular Endurance
Take My Breath Away	4:12	Berlin	96	Richard Newman	cool down
Big Country	3:55	Big Country	125	J Sage	In my Top 5 for sure. I thought this song was so unique at the time—it didn't sound like many of the other typical songs of the era. The Scottish accents and the bagpipes gave it an exotic sound. I use this in almost all of my retro playlists. You can only climb to it, and at 2:28 you power out of the saddle after he sings "When every single hope has been shattered" until 2:45.
Dancing with Myself	3:30	Billy Idol	88	Meg McNeely	One minute flat at threshold, 1 minute seated climb at threshold, 1 minute standing climb at threshold with an option to sprint at the end. When Billy is singing then screaming "sweat, sweat, sweat, it gives a new accountability partner.
White Wedding	4:10	Billy Idol	148	Stacey Becker	fast climb, slow flat
You May Be Right	4:14	Billy Joel	151	J Sage	Great fast climb, stand up on the chorus.

Uptown Girl (Live in Leningrad)	3:08	Billy Joel	70	Dave Goss	Climbing. BIG change in the road, difficult to see the summit, but it's only 3:00 away!
We Didn't Start the Fire	4:51	Billy Joel	144	J Sage	Billy Joel's greatest song (IMO)! The lyrics say it all. Perfect for a hard fast climb, stand on the chorus. If they can sing, they aren't pushing hard enough...
The Stroke	3:40	Billy Squire	91	Denise Crocket Fortenberry	fast flat
Living on the Ceiling	5:29	Blancmange	115	Stacy Munn	Accelerations
Call Me	3:33	Blondie	142	Stacey Becker	moderate climb
Sunday Girl	3:05	Blondie	143	J Sage	I love to use this song in my Tour de France profiles as a warm-up or easy section; Blondie sings in French! Nice easy going rhythm.
One Way Or Another	3:29	Blondie	161	Lisa Piquette	Fast Cadence, Hill
Wanted Dead Or Alive	5:09	Bon Jovi	75	Tom Scotto	A wam-up song with breathing room during the opening seconds perfect for introducing yourself and the class. Makes reference to a "steel horse" that can easily mean the bike we are riding. Each verse and chorus builds, providing an opportunity for progressive intensity.
Born To Be My Baby	4:40	Bon Jovi	129	Jeanne Sims	climb
Runaway	3:53	Bon Jovi	153	Jeanne Sims	fast climb
Bed Of Roses	6:35	Bon Jovi	164	Teresa Zagari	Cool Down
Holding Out For A Hero	4:49	Bonnie Tyler	150	Izabela	fast climb
I Want Candy	2:47	Bow Wow Wow	109	Mark Fiddler	a really fun climbing song!
Small Town Boy	5:03	Bronski Beat	135	J Sage	The pain in this artist is so discernible. I find it to be a climb that I want to sit the entire time. If you need to stand, do so when he sings "Run away turn away run away."
Hit That Perfect Beat Boy	3:21	Bronski Beat	140	Ed Paul	climb
Tell Me Why	4:03	Bronski Beat	140	Ed Paul	climb
I Feel Love	5:52	Bronski Beat	144	J Sage	This rhythm increases at about the 1 minute mark, which is awesome for cycling. This version of this song is one of my favorites, and transitions to "Johnny Remember Me". If you do an Out and Back ride, you can use two different versions of this song in each direction (Donna Summer).
Working On The Highway	3:12	Bruce Springsteen	91	J Sage	Perfect for when you need a moderately fast flat; works well for intervals (you can stress the "working" lyrics), and for cadence drills.
Belly Of The Whale	5:02	Burning Sensations	86	J Sage	Released in 1983, this was a little-known song with a reggae influence. I only discovered it about 5 years ago. Not sure why I never heard it back then; I think it's every bit as good as some of the most famous songs of the era! I use it a lot and my students are always surprised to hear it's from the 1980s. Use it as either a moderate-speed flat, or as a very fast climb, with surges (seated or standing) when he sings "I feel like Jonah in the belly of the whale."
Word Up	4:19	Cameo	106	Leah Gaspar	seated climb

Mighty Wings	3:48	Cheap Trick	158	Paul Whittingham	standing flat
Lean On Me	4:55	Club Nouveau	178	Barbara Janish	climbing
I Wear My Sunglasses At Night	3:57	Corey Hart	127	Lisa Piquette	Muscular Endurance
Karma Chameleon	3:55	Culture Club	182	Meg McNeely	I use this song primarily for flat work. There's a part where the song slows and builds up. I have them at the slow point find their preferred comfortable cadence, then have them add enough that will slow them a bit.
She Bop	4:37	Cyndi Lauper	137	Richard Newman	Standing flat to a standing climb
Time After Time	4:01	Cyndy Lauper	131	Lisa Piquette	recovery or cool-down
Modern Love	3:58	David Bowie	92	Stacey Becker	fast flat, cadence drills
Let's Dance	4:08	David Bowie	114	Stacey Becker	slow climb, very fast flat (cadence surges)
Dancin in the Streets	2:58	David Bowie & Mick Jagger		Stacey Becker	If you have video capability, this video is a great one to project (and chuckle at Mick Jagger's antics). This song may have everyone clapping, so it could be a great first song or two, or a fun climb.
You Spin Me Round	3:17	Dead Or Alive	124	J Sage	Slow climb. If you have video, this is a fun video to play from Youtube, the guy's hair is quintessential 80's! Also fun to use the "You Spin Me" lyrics as you Spin!
Strange Love	3:46	Depeche Mode	119	Jeanne Sims	Slow climb.
People Are People	3:46	Depeche Mode	120	J Sage	Really slow climb. If you can find a remix of this song that is faster, I think it works better.
Master And Servant	3:48	Depeche Mode	128	J Sage	In my top 10, perhaps even top 5 faves of the '80s. When I use it in a cycling class, it's a vigorous but slow climb, percolating to the strong beat.
Just Can't Get Enough	3:44	Depeche Mode	130	J Sage	Slow climb.
Personal Jesus	4:55	Depeche Mode	130	Ramiro Morejon	Switchback climbing drill. There are tons of good powerful mixes for this song. I have found that people really enjoy them when I play them on climbing drills, one can see it in their body language. Especially on groups where you have riders who are in their 40s or beyond.
Working In A Coal Mine	3:16	Devo	158	Denise Crocket Fortenberry	Speed Drills
Whip It	2:40	Devo	158	Leah Gaspar	Sprints (at 0:45 and at 2:00 do a 15-sec sprint)
Come On Eileen	4:15	Dexy's Midnight Runners	107	J Sage	cadence drills, or recovery (not to the beat)
Parent's Just Don't Understand	5:14	DJ Jazzy Jeff & The Fresh Prince	85	Dave Goss	Slow steady climb. Eyeing the summit ahead with an opening in the trees.
Hungry Like a Wolf	3:23	Duran Duran	129	J Sage	Quintessential 80's! Moderate climb. Good first working song (not too much energy)

Electric Avenue	3:11	Eddy Grant	121	Stacy Munn	intro song while class is setting up
A Little Respect	3:32	Erasure	114	Jeanne Sims	Warm-up
Chains of Love	3:32	Erasure	122	J Sage	Warm-up, or slow climb. Moderate intensity.
Stop	2:56	Erasure	122	Jeanne Sims	climb
It's In The Way That You Use It	4:12	Eric Clapton	100	Lisa Piquette	excellent for fast cadence work – how can it get better when working on technique and the song tells you “It’s in the Way that You Use It”?
Call On Me	2:52	Eric Prydz	125	J Sage	OK, this song was released in 2004 (with great success), but you'd never know it—it's classic 80's! The video (which is very suggestive) is a spoof of the 1985 film "Perfect" with Jamie Lee Curtis and John Travolta in an aerobics class. I bet most people think it's from the 1980's, which is what makes it fun to use in an 80's profile. This song is good for climbing, alternating seated and standing.
Wild Wild West	4:46	Escape Club	137	John Chappell	Standing Climb. Without a doubt the absolute best song on this list!
The Final Countdown	5:10	Europe	60	Paul Whittingham	Climbing
Sweet Dreams	4:52	Eurythmics	125	Leah Gaspar	Standing climb, seated climb. Every minute, alternate in and out of saddle adding resistance into heavy climb.
Epic	4:54	Faith No More	87	Lisa Piquette	I love this song for a very aggressive climb
Rock Me Amadeus	3:21	Falco	88	J Sage	Great silly song. Fast flat. Try it on high intensity surges at 88 rpm.
Johnny Come Home	3:31	Fine Young Cannibals	66	Karen McRitchie	climb
Good Thing	2:47	Fine Young Cannibals	80	Karen McRitchie	versatile song, climb or flat, great for intervals
I Ran	3:58	Flock of Seagulls	153	Jeanne Sims	fast climb
Juke Box Hero	4:20	Foreigner	177	Annette Smith	Flats
Relax	3:57	Frankie Goes To Hollywood	120	J Sage	Lots of resistance; stand up every time it builds up to “Relax”!
Living On My Own	3:14	Freddie Mercury	130	Izabela	Climb. Snap your fingers.
Cars	3:24	Gary Numan	130	J Sage	moderate climb, or big gear flat. If you like jumps, the heavy rhythm is good for that, too.
Paradise City	6:46	Guns n Roses	93	Tom Scotto	A strong consistent rhythm combined with a 93 bpm tempo makes for a perfect flat road. The heavy guilar work prompts riders to maintain a moderate to hard effort.
Welcome to the Jungle	4:32	Guns n Roses	99	Tom Scotto	One of my favorite songs to use when introducing riders to the peloton during a race day, "Welcome to the Jungle of the Peloton!" The tempo of the music is 100 bpm. The guitars and vocals are aggressive and the bpm is at the top of the cadence range for riding tempo.
Sweet Child O' Mine	5:55	Guns n Roses	125	Julie Waxgiser	Climbing

Don't Hurt Me	2:51	Haddaway	138	J Sage	Cheesy song, but that's what makes it fun to use. Climb to this one. Use this early in your playlist and tease your class that they'll have to beg you not to hurt them in the mountains later on!
Favourite Shirts (Boy Meets Girl)	3:07	Haircut 100	144	Richard Newman	Seated flat sprints
Top Gun Anthem	4:10	Harold Faltermeyer	107	Paul Whittingham	Warm up
Axel F	3:02	Harold Faltermeyer	117	Lisa Piquette	recovery
Barracuda	4:23	Heart	66	Tom Scotto	Barracudas are a fierce fish, which is perfect for a strong climb where we attack during each chorus and devour riders ahead of us.
Life In One Day	3:40	Howard Jones	98	Julie Nissan	Jumps or Rolling Hills
Things Can Only Get Better	4:16	Howard Jones	108	Stacey Becker	Warm up
The Power of Love	4:05	Huey Lewis and the News	60	Dave Goss	Power to the summit together! Pedal strong on the last attack.
Keep Feeling Fascination	3:44	Human League	119	Richard Newman	seated climb
Don't You Want Me	3:57	Human League	117	J Sage	classic 80's. Slow climb. It can also be a good intro (but don't pedal at 117 rpm!)
Flock of Seagulls		I Ran	148	Jeanne Sims	fast climb
Whisper To A Scream (Birds Fly)	5:29	Icicle Works	118	Scott Johansen	cool down
From Paris To Berlin	3:27	Infernal	127	Anders Gerestrand	climb
New Sensation	4:11	INXS	57	Karen McRitchie	a nice grindy climb
Need You Tonight	3:06	INXS	109	Lisa Piquette	Fast Cadence, Flat Road
Devil Inside	5:13	INXS	151	Lisa Piquette	I love INXS, and this one has a great climbing beat
Good Times	3:53	INXS	157	Tim Murphy	flats/jumps
What a Feeling	4:06	Iren Cara	122	Leah Gaspar	Alternating seated and standing climb
Love Stinks	3:39	J.Geils Band	90	Denise Crocket Fortenberry	Must-have song for Valentines theme rides! Fast flat, surges
Escapade	4:47	Janet Jackson	111	Shari Miranda	fast flat
I Love Rock n Roll	2:56	Joan Jett	95	Lisa Piquette	Fast Cadence, Flat Road

I Hate Myself For Loving You	4:08	Joan Jett	118	Denise Crocket Fortenberry	slow climb, fast flat
Do You Wanna Touch Me	3:31	Joan Jett	128	Mark Fiddler	Speed Drills
Stepping Out	4:24	Joe Jackson	160	Lisa Piquette	Fast Cadence, Hill
On The Dark Side	2:34	John Cafferty & The Beaver Brown Band	84	Lisa Piquette	quick and energetic climb
ROCK In The USA	2:54	John Mellencamp	82	Lisa Piquette	excellent when used with On the Dark Side as short climbing intervals
Missing You	4:05	John Waite		J Sage	My favorite cool-down for 80's playlist
Don't Stop Believing	4:11	Journey	119	Stacey Becker	climb
Separate Ways	5:26	Journey	134	Hollie Porter	Climbing
Any Way You Want It	3:22	Journey	138	Teresa Zagari	Sprints
Too Shy	3:42	Kajagoogoo		Richard Newman	Seated flat sprints
Play the Game Tonight	3:27	Kansas	117	Lisa Piquette	Recovery
Footloose	3:41	Kenny Loggins	87	Lisa Piquette	Fast Cadence, Hill
Playing With The Boys	3:50	Kenny Loggins	142	Paul Whittingham	recovery
Danger Zone	3:35	Kenny Loggins	157	Paul Whittingham	Fast Cadence, Flat Road
Through The Fire	3:44	Larry Greene	75	Paul Whittingham	recovery
Our House	3:22	Madness	122	Lisa Piquette	recovery, climbing
Vogue	5:17	Madonna	116	Teresa Zagari	Climbing
Someday, Someway	2:52	Marshall Crenshaw	167	Lisa Piquette	recovery, warm-up, flat
Echo Beach	4:12	Martha and the Muffins	85	Karen McRitchie	flat
Can't Touch This	3:37	MC Hammer		J Sage	OK, so this was released in 1990, but it's on the cusp and sounds so much more 80's! Your students will be singing for sure. If so, just turn it up and make them climb harder!
The Safety Dance	2:47	Men Without Hats	102	Lisa Piquette	Fast Cadence, Flat Road

Hot Summer Nights	3:36	Miami Sound Machine	141	Paul Whittingham	recovery
The Way You Make Me Feel	4:58	Michael Jackson	114	Teresa Zagari	Jumps
Wanna Be Startin' Somethin'	6:02	Michael Jackson	122	Lisa Piquette	Warm up
Armed and Ready	4:08	Michael Schenker Group	86	Tom Scotto	A flat road with attitude. With lyrics like "armed and ready" I have used this song to prepare riders for a challenging segment. I'll ask riders to push hard during the guitar solo to ensure all systems are activated...armed and ready!
Destination Unknown	3:33	Missing Persons	121	Richard Newman	Standing Flat
Melt With You	4:13	Modern English	156	J Sage	In my Top 10. This one is a wonderful fast climb at 78 rpm. You'll stand every time he sings "I'll stop the world and melt with you," and stay through the chorus. This is especially fun after he slows down and hums at 3:05.
Bad To The Bone	3:59	Molly Hatchet	98	Tom Scotto	When the climb is ridiculously steep, being 'bad to the bone' is a plus. This is slow tempo (50 bpm) and not for the faint of heart. I ask riders to stay seated and only stand during the chorus ("bad to the bone). This is certainly a bone-crushing climb.
Kickstart My Heart	4:44	Motley Crue	92	Tom Scotto	Every profile needs a powerful 2nd song to force riders to step on the gas after the intro. The energy and vocals cheer everyone to higher heart rates, and the lyrics "Kickstart My Heart" are self-explanatory.
One Night In Bangkok remix by Vinyl Shakerz	5:24	Murray Head	130	Stacy Munn	driving hill climb
Always Somethng There to Remind Me	3:42	Naked Eyes	152	J Sage	Nice fast climb, but not too intense. Good early on your climbs, or when you need a moderate intensity climb without too many energy surges.
Promises Promises	3:37	Naked Eyes	112	Richard Newman	cool down
99 Luftballoons	3:53	Nena	97	Peter Gonzalez	Seated surges. (Note: if you use this in a themed-ride, make sure to hang red balloons n the studio!)
Buffalo Stance	3:54	Neneh Cherry	86	Leah Gaspar	Seated flat
Bizarre Love Triangle	6:42	New Order	118	Lisa Piquette	I love New Order, and this is a great song. I use it for a heavy hill.
Blue Monday	7:26	New Order	131	J Sage	Perhaps my favorite 80's song of all time. I used to love to ski to this and would have to stop and rewind my tape to listen to it over and over! This is a great long climb at 65 rpm. There are a lot of remixes of this, but in my opinion, nothing beats the original.
Only A Lad	3:49	Oingo Boingo	189	J Sage	The best of the underground alternative groups. My one year at UCSB introduced me to Oingo Boingo, a favorite of southern California. There wasn't a party that didn't blare this post-punk/ska group. At 94 rpm, this is another great high-cadence song. (Trivia...did you know the lead singer, Danny Elfman, is now an extremely successful composer for film and television, including composing the soundtracks for all of Tim Burton's movies?!)

Goodbye-Goodbye	3:30	Oingo Boingo	106	J Sage	Fast Cadence, good for drills, surges or sprints. You can play on the words "Goodbye goodbye" as you sprint to the finish line!
If You Leave	4:30	OMD	120	Lisa Piquette	Climbing
Enola Gay	3:32	Orchestral Manoeuvres in the Dark	142	J Sage	Good for alternating seated with standing climb. (It wasn't until many years after the 1980's did I know what this song was about! I always thought it was woman named Enola Gay...)
Over the Mountain	4:30	Ozzy Osborne	66	Tom Scotto	"Over the Mountain. Something in my vision. Something Deep inside". Yup, it is time to climb! Inspired by the business of the drums during the chorus, riders are instructed to not just stand but accelerate. The guitar solo is a free-for-all. The last 30 seconds is an all-out battle for the top.
The Warrior	3:59	Patty Smyth	123	J Sage	Slow Climb, stand on the chorus. Ask your students to become the 'warrior' within!
Push It To The Limits	3:09	Paul Engemann	156	Anders Gerestrand	flat, fast climb
Diamonds on the Soles of her Shoes	5:25	Paul Simon	117	Meg McNeely	I use this as a pre-cool down song after an intense class. The rhythm is beautiful for folks to use in order to get back their balance and flow, sort out stuff in their mind, reflect on their previous effort, allows time for all the blocks of energy it took to accumulate to an intense effort to come back down, i.e, mentally, emotionally, physiologically, and physically.
West End Girls	3:57	Pet Shop Boys	120	J Sage	Climb. There are some great remixes at slightly faster bpm.
It's a Sin	5:01	Pet Shop Boys	120	J Sage	I like this one better than their most popular song, West End Girls. Great slow climb.
You Can't Hurry Love	2:55	Phil Collins	98	Lisa Piquette	Fast Cadence, Flat Road
Sussudio	5:17	Phil Collins	104	Dave Goss	Cool down and stretch
Gouge Away	2:45	Pixies		Mark Fiddler	aggressive climb
Let's Go Crazy	4:12	Prince	96	Stacy Munn	fast flat
Raspberry Beret	3:32	Prince	121	Lisa Piquette	Muscular Endurance
Another One Bites the Dust	3:36	Queen	110	Lisa Piquette	Muscular Endurance
Under Pressure	4:09	Queen with David Bowie	113	Stacey Becker	slow climb, fast flat. This is a MUST HAVE song!
Bang Your Head	5:17	Quiet Riot	121	Denise Crocket Fortenberry	Climbing
It's The End Of The World As We Know It	4:05	R.E.M.	103	J Sage	Great very fast flat, perfect for cadence drills. NOTE: you can find an all- REM tribute profile on my blog <i>Sage Advice</i> which I posted after they retired.
Losing My Religion	4:44	R.E.M.	125	Barbara Janish	seated climb or driving into the wind.
Can't Get There From Here	3:40	R.E.M.	147	J Sage	Nice fast climb.
Don't Go Back To Rockville	4:32	R.E.M.	151	J Sage	Nice moderate pace on a climb. There aren't any highs or lows of this song; it's nice and consistent throughout. Use it for a warm-up or easier climb.



Driver 8	3:24	R.E.M.	160	J Sage	This one works really well as a warm-up song, or a flat break between harder segments.
South Central Rain	3:15	R.E.M.	144	J Sage	Not as well-known as some of their others, but a great recovery song in between intervals, or cool-down.
Radio Free Europe	3:49	R.E.M.	149	J Sage	great fast climb. Stand up on the chorus "calling all in transit...radio free Europe".
Round and Round	4:27	Ratt	64	Tom Scotto	2 climbs and 2 descents. The first climb is longer and kicks in on the first note. Steady on the verse, add resistance and stand on the pre-chorus, then accelerate when the chorus hits. The first climb ends after the second chorus. The guitar solo is the fast descent. The second climb (verse/pre-chorus/chorus) is shorter with a short guitar solo descent. This song can act as the "foothills" to a longer climb to follow.
Politics Of Dancing	3:57	Re-Flex	127	J Sage	This was another of my top favorite dancing songs in college; I'd grab whoever was near me to drag out on the dance floor. The shorter original is somewhat hard to find these days—you have to purchase the entire album on iTunes to get it—but you can find a longer extended version (6+ minutes), which I think is even better. In your cycling classes, it's definitely a climb. Stay seated until the chorus, when you stand on "The politics of dancing."
Lunatic Fringe	4:24	Red Ryder	98	Walter	Hill song with a bite!
Give You Up	3:36	Rick Astley		J Sage	You've been Rick Rolled! Only use this song if you are selecting the cheesiest songs of the 80's! (which can be kinda fun)
Jessie's Girl	3:02	Rick Springfield	95	Dave Goss	climbing with accelerations to get to the summit.
I've Done Everything For You	3:15	Rick Springfield	162	Denise Crocket Fortenberry	Speed Drills
What I Like About You	2:55	Romatics	160	J Sage	Great interval song for a fast climb at high intensity, short and sweet. It's versatile at 80 rpm, can also be a recovery flat.
A Girl in Trouble	4:12	Romeo Void	132	J Sage	I like this song a lot because you won't find it on most retro playlists, but it's a great climb.
Listen To Your Heart	5:14	Roxette	86	Jeanne Sims	flat
The Look	3:59	Roxette	95	Jeanne Sims	fast flat
Dangerous	3:49	Roxette	124	Jeanne Sims	climb
On The Loose	3:52	Saga	130	Julie Nissan	Warm-up or small hills
The Warrior	4:01	Scandal	123	Lisa Piquette	great for gritting the teeth and muscling up a climb with the mantra that they are warriors
Goodbye To You	3:46	Scandal featuring Patty Smyth	160	J Sage	Ride this one hard! This is a racing song, a slower flat road with a head wind or big gear, or a fast climb, however you feel like describing it. Stand and attack when she screams "Goodbye to you!"
Alive and Kicking	5:27	Simple Minds	103	Stacey Becker	fast flat
Don't You Forget About Me	4:20	Simple Minds	111	Lisa Piquette	cool down
Spellbound	3:17	Siouxie and the Banshees		J Sage	Since the word "Spinning" is used throughout the song, it's perfect for indoor cycling! On a hill no doubt.
Let's Go All The Way	3:50	Sly Fox	98	Stacy Munn	fast cadence flat road...all the way!

Tainted Love/Where Did Our Love Go	9:02	Soft Cell	143	Richard Newman	great climb
Nothing's Gonna Stop Us Now	4:31	Starship	96	Lisa Piquette	great for a fast flat against the wind – chorus lyrics are great
Kiss Me	3:20	Stephen "Tin Tin" Duffy	126	Stacy Munn	Robbie Williams did a remake that's good for cycling too.
While You See A Chance	3:56	Steve Winwood	129	Stacey Becker	warm-up, recovery
Edge of Seventeen	5:29	Stevie Nicks	112	Stacey Becker	recovery
Stand Back	4:56	Stevie Nicks	122	Stacey Becker	climb
Rock This Town	2:41	Stray Cats	100	Karen McRitchie	fast flat, cadence drills
Eye of the Tiger	4:05	Survivor	80	Dave Goss	Disassociation: Pedaling strong alongside the rest of the team.
Life's What You Make It	4:30	Talk Talk	92	Stacy Munn	stretch
Burning Down The House	4:01	Talking Heads	103	J Sage	Once you've taught your students how to pedal quickly with great skill, see if they can hold this the entire time (with resistance of course)! It's a killer.
This Must Be the Place (Naive Melody)	3:46	Talking Heads	114		cool down
Roam	4:49	Talking Heads	140	J Sage	Warm-up or moderate hills
And She Was	3:40	Talking Heads	126	Richard Newman	Muscular Endurance
Wild Wild Life	3:40	Talking Heads	138	J Sage	A fun, perky song for alternating seated with standing climbs.
Everybody Wants to Rule the World	4:14	Tears For Fears	112	Lisa Piquette	recovery
Mad World	3:29	Tears For Fears	118	Jamie Sarbacker	Climbing
Pump Up the Jam (Edit)	2:50	Technotronic	123	Dave Goss	Don't go breathless, but very close. (This song is on the cusp of the 1990's)
Rescue Me	3:23	The Alarm	134	J Sage	A must-have for 80's tribute rides. Climbs with surges out of the saddle on the chorus.
Theme From Rawhide	2:40	The Blues Brothers		Denise Crocket Fortenberry	Great for setting the scene; use as an intro.
Video Killed The Radio Star	3:21	The Buggles	131	Denise Crocket Fortenberry	climb

You Might Think	3:07	The Cars	134	Mark Fiddler	it's not the 80s without the Cars! I teach this one as a fast flat with "ladder"steps up in resistance.
Should I Stay Or Should I Go?	3:07	The Clash	113	Mark Fiddler	Speed Drills
Police on my Back	3:20	The Clash	148	Stacy Munn	hill climb with leg speed surges
Breathless	3:27	The Corrs		J Sage	Warm-up. She starts of with "Go on, and leave me breathless". You can point that out to your students and ask if you can leave them breathless (interval class)!
Love Removal Machine	4:18	The Cult	136	Katherine Cople Sweeny	climbing
She Sells Sanctuary	4:13	The Cult	144	J Sage	Sometimes I can't believe this is an '80s song. It seems timeless. Indoors, it's a great moderate-paced climb.
A Forest	4:57	The Cure	83	Karen McRitchie	use in a version of your speed/strength profile
The Love Cats	3:41	The Cure	90	J Sage	Excellent for fast cadence intervals. And great for cat lovers!
Close To Me	3:41	The Cure	91	J Sage	Also great for fast flat intervals.
Let's Go To Bed	3:34	The Cure	128	J Sage	Load on the resistance and alternate seated with standing climbs.
Lovesong	3:30	The Cure	140	Richard Newman	Warm up
In Between Days	2:57	The Cure	144	J Sage	What a great dance song; probably my favorite of the era. Get on a moderately fast climb in the saddle.
Just Like Heaven	3:33	The Cure	151	J Sage	Fast climb
Primary	3:36	The Cure	171	J Sage	Flat road. Good intro song as well.
Best Friend	3:05	The English Beat	85	J Sage	This short song for a flat road works well as a recovery in between harder intervals.
Twist And Crawl	2:35	The English Beat	86	J Sage	The high energy makes this one greaat for a high-intensity short interval effort.
Save It For Later	4:56	The English Beat	129	J Sage	This is their best-known hit. Stand up and climb on the chorus "Sooner or later." The rest is a moderate intensity, easygoing climb.
Mirror In The Bathroom	3:09	The English Beat	171	J Sage	Another good high-intensity interval at 85 rpm. (Funny story...for the longest time, I thought the words were "meet her in the bathroom"!)
One Thing Leads To Another	3:13	The Fixx	136	Stacy Munn	hill climb
Our Lips Are Sealed	2:46	The Go Gos	131	Mark Fiddler	Warm up
My Sharona	4:04	The Knack	148	J Sage	You might regret playing this one when you can't get it out of your head at 3 am...but it does bring back strong memories of the 80's! Strong climbing beat.
There She Goes	2:43	The LA's	123	Stacy Munn	recovery
Every Breath You Take	4:17	The Police	117	Lisa Piquette	recovery
Can't Stand Losing You	3:01	The Police	158	Denise Crocket Fortenberry	Speed Drills

Message of Love	3:20	The Pretenders	143	Mark Fiddler	a different fast flat approach, this time following an over/under threshold pace.
I Wanna Be Sedated	2:29	The Ramones	163	Mark Fiddler	Flats
Start Me Up	3:33	The Rolling Stones	123	Leah Gaspar	standing flat or climb
Rock You Like A Hurricane	4:15	The Scorpions	84	Tom Scotto	This song will make your riders want to crush things under their feet .The dominant downbeat cannot be ignored. Riders are on a strong fast climb. During every chorus and the solo, riders are out of the saddle passing others who are not able to withstand the aggressive 84 rpm pace. A perfect song to end a long epic climb.
Talk To Ya Later	4:47	The Tubes	161	Julie Nissan	Speed Drills
Boys are Back	4:30	Thin Lizzy	160	J Sage	Nice versatile song, flat or climb, warm-up, recovery.
Killer on the Loose	3:55	Thin Lizzy	88	Tom Scotto	Do you need a breakaway song during a race day simulation? This high-intensity rhythm is perfect and the lyrics compliment the action as well, "There's a killer on the loose!" The 85 bpm tempo is not fast enough to motivate some on the flats, but climbing at 85 bpm is certainly invigorating. Go for the KOM - Killer of the Mountains!
She Blinded Me With Science	5:10	Thomas Dolby	129	J Sage	I think it's a requirement you wear round wire-rimmed glasses when you use this song. Seated climb with resistance loading, stand on the final chorus.
Can't Stand the Rain	4:44	Tina Turner	88	J Sage	recovery
Better Be Good To Me	5:11	Tina Turner	121	J Sage	This is a song that will describe its own terrain. It's a climbing cadence, but it's so full of incredible emotion, you'll have to let your students stand when they feel compelled. You're going to have to have a back and forth with your students: You say "Why can't you be..." and they sing back "Good to me?"
Rolling On the River	5:27	Tina Turner	85	J Sage	This song is fun because of the tempo change halfway through. Slow climb to a hard push on the flat.
What's Love Got to Do With It	3:49	Tina Turner	98	J Sage	Cool-down
Genius Of Love	5:35	Tom Tom Club	103	J Sage	I use this song a LOT! It never gets old to me and always brings a smile to my riders' faces, especially at the lyrics "James Brown...James Brown." At 103 bpm, I use it for cadence drills pushing to about threshold. If my students are skilled they can hold it the entire time. If they are still developing the skills, then I let them do it in 60- to 90-second intervals at 103 rpm, then a short 30-second break, then come back to the higher cadence.(Probably too slow to climb to at 52 rpm)
Wild Thing	4:21	Tone Loc	125	Stacy Munn	progressive hill climb. Also a nice remix version released more recently with Peaches.
I Eat Cannibals	3:34	Total Coleo	149	Denise Crocket Fortenberry	Fast climb
Talkin Bout A Revolution	2:35	Tracy Chapman	119	Lisa Piquette	cool down
Desire	3:00	U2	108	Lisa Piquette	Fast Cadence, Flat Road
Don't Break My Heart	3:50	UB40		Stacy Munn	cool down
I Got You Babe	3:10	UB40	86	J Sage	Awesome remix of a Sonny & Cher song, with Chrissie Hynde of the Pretenders. Great cool-down.
Jump	4:04	Van Halen	130	Lisa Piquette	Muscular Endurance

Hot for Teacher	4:44	Van Halen	134	Meg McNeely	I do lots of things with this song, but the focus is on just plain ol' having fun! During the talking portions I engage the audience and have them blurt out the lyrics if they know it. You have to be particular with the kind of clientele and population you're dealing with in this method. Another alternative I often have them focus on their transitions in and out of the saddle. Whether they choose a flat or climb doesn't matter. I ask them to monitor which foot is on the down stroke when coming up and coming down. If it's the same all the time, focus on switching.
Chariots of Fire		Vangelis		J Sage	Intro for an inspirational theme ride, or cool down for any other ride.
Ice Ice Baby	4:27	Vanilla Ice	116	Mark Fiddler	Warm up
Do You Really Want to Hurt Me	4:51	Vilent Femmes		J Sage	When only truly alternative songs will do! Slow climb.
Was (Not Was)	4:20	Walk The Dinosaur	116	Denise Crocket Fortenberry	Speed Drills
Dance Hall Days	3:59	Wang Chung	103	Stacey Becker	fast flat
Everybody Have Fun Tonight	4:17	Wang Chung	129	Richard Newman	Standing Climb/Standing Climb Intervals
Wake Me Up Before You Go Go	3:53	Wham!	163	Leah Gaspar	Jumps (8 count jumps)
How Will I Know	4:37	Whitney Houston	120	Lisa Piquette	Muscular Endurance
Making Plans for Nigel	4:14	XTC	150	Richard Newman	Seated Climb
Situation	2:30	Yaz	121	J Sage	I LOVED this group! This might be up there in my Top 10 or 12. Use it for a slow climb.
Don't Go	3:10	Yaz	126	Jamie Sarbacker	5 rounds alternating moderate standing climb for :20 and seated acceleration for :40.
Oh Yeah (DJ Fisum remix) (Ferris Beuller's day off)	3:37	Yello	133	Leah Gaspar	Seated flat: 1 min at 80 rpm, 1 min 90 rpm, 1 min 95 rpm, then last 37 sec add small resistance hold 80-90 rpm.
Owner Of A Lonely Heart	4:28	Yes	60	Dave Goss	Slow climb
Rising Force	4:24	Yngwie Malmsteen	120	Tom Scotto	The song begins with a low rumble and transforms into lightning fast guitar riffs, intense drum beats, and angry vocals. I use the rumble beginning as the dramatic finish of an monstrous climb. The crazy guitar solos propel riders at neck-breaking speeds down the mountain, carving through the switchbacks. This downhill may raise the heart rate more than the preceding climb.
Legs	5:05	ZZ Top	126	Stacy Munn	hill climb