

1980's Theme Ride (45 minute class)

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Stage / Total Time	Music	RPM/ Terrain / Technique		Intensity / Elapsed Time			Triple Link/ Dimensional Cueing	Mind/ Body
Warmup 4:23	"Wild Thing" Tone-Loc	90-95	Seated Flat	Easy	0:00	2:35	Road Map: 4 Hills, Last two songs challenging: SAVE SOME ENERGY!	Association: Explain what we're doing.
		90-95	Seated Hill	Easy+	2:36	4:23		
1 5:14	"Parent's Just Don't Understand" DJ Jazzy Jeff & The Fresh Prince	85	Seated Hill	Med	0:00	5:14	Gradually adding gears, keep at 85 ^{rpm}	Disassociation: Slow steady climb. Eyeing the summit ahead with an opening in the trees.
1 3:14	"Jessie's Girl" Rick Springfield	65	Standing Hill	Med	0:00	0:34	Slight decrease in gears, with three pushes of speed, each longer than the previous. Third is a hard effort.	Disassociation: Hill decreases slightly, but several accelerations to get to the summit.
		95	Seated Hill	Med+	0:35	0:49		
		65	Standing Hill	Med	0:50	1:14		
		95	Seated Hill	Med+	1:15	1:39		
		65	Standing Hill	Med	1:40	2:15		
		95	Seated Hill	Hard	2:16	3:02		
2 4:28	"Owner of a Lonely Heart" Yes	90	Seated Flat	Easy	0:00	0:30	Gears increase quickly. Holding on your heavy hill. Effort is at most 7/10.	Association: Match your pedal stroke with the beat of the music.
		60	Seated/Stand Hill	Med+	0:31	4:28		
2 4:05	"Eye of the Tiger" Survivor	80	Seated/Stand Hill	Hard	0:00	4:05	Find a resistance that makes 80 ^{rpm} (not the beat) a challenging effort. Holding this for the length of the song.	Disassociation: Pedaling strong alongside the rest of the team.
2 4:28	"Push It" Salt-N-Pepa	75	Seated Flat	Med Easy			Each burst of speed is ~ :30 long. Beginning at these times: :39, 1:32, 2:17, 3:13, 4:06	Association: Don't go above an 8/10 effort on the first three sprints. Minimal recovery means effort will go up through each of the sprints.
		105	Seated Sprint	Hard				
3 4:01	"Karma Chameleon" Culture Club	90	Seated Flat	Med Easy	0:00	1:29	Very small gears increases.	Association: Quick pace right away, heart rate will come down slowly. Last 2:30 climbing barely a small hill.
		90	Seated Hill	Med	1:30	4:01		
3 3:08	"Uptown Girl (Live in Leningrad)" Billy Joel	70	Seated/Stand Hill	Med+	0:00	3:08	Gears increase quickly. Holding on your heavy hill. Effort is at most 7.5/10.	Disassociation: BIG change in the road, difficult to see the summit, but it's only 3:00 away!
3 3:35	"Pump Up the Jam (Edit)" Technotronic	64	Seated Hill	Med			Quick pace: Four increases of speed, each ~ :30, beginning at these times: :16, 1:02, 1:48, 2:50	Association: Don't go breathless, but very close.
		95	Seated Hill	Hard				
4 3:54	"Power of Love" Huey Lewis & The News	60	Seated Hill	Med+			Four attacks beginning at these times (length in parenthesis) :58 (:25), 1:40 (:15), 2:17 (:15), 3:03 (:45)	Disassociation: Stay with the team. Power to the summit together! Pedal strong on the last attack.
		80	Stand Hill	Hard				
5 4:24	"Sussudio" Phil Collins						Cool Down & Stretch	