



Eighties Trivial Pursuit Profile

By Lisa Piquette

Profile Objective and Intensity:

Although the profile is primarily in the form of a game, the focus is on short intervals of three minutes or less in Zone 5. Three-minute intervals are just over threshold, for a VO2 max effort. Two-minute intervals are power intervals. One-minute intervals are higher intensity. When a one-minute interval is selected, do one minute, then recover for one minute, then another one-minute effort before a longer recovery.

Each “player” receives a card when s/he enters the room. They are not allowed to look at the card. As the cycling instructor, you are both coach and the Emcee. Have 80’s-themed trivia available. Trivial pursuit had an eighties-themed game, or you could just get questions from the Internet. If a player is selected to answer a question, a correct answer means they get some type of reward. You can also simply direct the questions to the entire group. I have 80’s-themed buttons to hand out as prizes, but you could even use money from a board game, like Monopoly money.

After the question is answered correctly, the MC (instructor) then goes to next player. An incorrect answer means they all do the interval on the back of that player’s card. Try to plan for approximately equal work-to-recovery ratio. This means you’ll have to warn the class in advance that songs will be cut short to fit the intervals and accommodate the game.

Two things you are going to want to plan for in advance: too many correct answers (recovery too long); wrong answer too soon (recovery too short). For too many correct answers, just have a couple of really hard questions ready so you can pull one out when you are ready to

move on to the next interval. For a wrong answer too soon, you could just wait it out and start the interval once they have had enough recovery, but to keep the game going, just announce that the “judges” have allowed one more chance, move to another player and ask another question.

As a general matter, I suggest preselecting your questions and making certain that you have a good mix of easy and challenging questions. This gives you greater control over the pace of the workout/game.

Nine Types of Intervals:

Climbing (lower cadence): three, two or (2) one-minute efforts

Fast cadence on a hill: three, two or (2) one-minute efforts

Fast cadence on a flat: three, two or (2) one-minute efforts

For three-minute efforts and for two one-minute efforts, allow three minutes of recovery afterward. For two-minute efforts, allow two minutes of recovery afterward.

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Warm Up

Rise, Public Image Ltd., 86 bpm, 6:18

Explain the game to the class:

After our warm-up and practice songs, I will play a recovery song and take a volunteer or pick a player. If you answer correctly, you win a button and I move on to next player. If it's a wrong answer then everyone performs the interval on the back of your card.

Start out on a flat road, comfortable pace, build towards a moderate hill, holding around 85 rpm, with short surges out of the saddle at the end. In the next part of the warm up, we are going to get a little taste of the type of intervals we will be doing once we start the game.

Warm-up/Intro, continued

Part I, Resistance surges

Wanna Be Startin' Somethin', Michael Jackson, 122 bpm, 6:02

Make the hill steeper and slow cadence down to around 60 bpms. Aim for a hard effort, somewhere around a 7 out of 10 on the perceived exertion scale (Right around Zone 3 is perfect). Once they have been on the hill for a minute, begin alternating every thirty seconds between this sustainable, hard, base effort, and resistance surges. For the surges, have them add enough gear so that the effort feels very hard (just over threshold). Have them come out of the saddle briefly, only 5-10 seconds, then back down to the saddle for the rest of the surge. Back to base, then repeat.

Warm-up/Intro, continued

Part II, Cadence surges

Freeway of Love, Aretha Franklin, 126 bpm, 5:53

Find a flat road, fast, but manageable cadence for you. For most of you, that will be somewhere between 90-100 rpm's. If you are faster or slower than that, don't worry about it. It should feel fast for you. Now add some gear so that your flat road feels somewhat challenging, around a 7 out of 10 effort on the perceived exertion scale. (Zone 3) This is your base.

About one minute or so into the song, alternate every thirty seconds between base effort and top speed, coaching riders to maintain control.

(I know the beat doesn't match the cadence, but this is a great song for a fast flat.)

Recovery

Play the Game Tonight, Kansas, 117 bpm, 3:27

First Round of Questions

Tell the class:

From this point forward, you will be alternating between short intervals with about equal ratio of recovery. During each recovery, we will go through another round of play, where I will ask you trivia questions. After we "play the game," we will experience the consequences, so be ready.

Note: it's impossible to have recovery ratios fit perfectly, just do your best and no one will notice (they're having too much fun!)

At this point, the game will control the specific shape of the class, it can be different every time. I have included a sampling of songs to use for the different types of efforts. Although I have included recovery songs in

addition to the working songs, you will find that some songs will be long enough to include both work and recovery. For example, the song Jump is 4 minutes long, so I will save it for a two-minute muscular endurance effort in Zone 5, and use the final two minutes of the song (turn the volume low) to “play the game.”

Recovery Songs

Axel F, 3:02
Our House, 3:22
Time After Time, 4:01
There She Goes, 2:29
Someday, Someway, 2:52
Every Breath You Take, 4:17
Everybody Wants to Rule the World, 4:14

Songs for Climbing/Muscular Endurance

And She Was, 126 bpm 3:40
Another One Bites the Dust, 110 bpm, 3:36
Jump, 130 bpm, 4:04
Sunglasses at Night, 127 bpm, 3:57
Raspberry Beret, 121 bpm, 3:32
How Will I Know, 120 bpm, 4:37
Venus, 126 bpm, 3:39

Songs for Fast Cadence, Flat Road

I Love Rock n’ Roll, 95 bpm, 2:56
Need You Tonight, 109 bpm, 3:06
You Can’t Hurry Love, 98 bpm, 2:55
The Safety Dance, 101 bpm, 2:46



Indoor Cycling Association ***Go Retro!* Profile contest**

Desire, 108 bpm, 3:00

Tusk, 90 bpm, 3:30

Songs for Fast Cadence, Hill

Dancing with Myself, 88 bpm, 4:52

Goodbye To You, 160 bpm, 3:47

One Way or Another, 161 bpm, 3:36

Stepping Out, 160 bpm, 4:24

Take on Me, 84 bpm, 3:51

Footloose, 87 bpm, 3:41

Cool Down

Don't You Forget About Me

Talkin' Bout a Revolution