

Maximizing the Emotional Impact of Music



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Popular Song Structure

- **Verse (A)**
Poetic Stanza
- **Pre-Chorus**
Build to Chorus
- **Chorus (B)**
Repeated Hook, Title, Refrain
- **Bridge (C)**
Transition / Contrast
- **Solo (A/B)**
Instrument / Vocal

Song Structure	Verse	Chorus
Type I	Freeform	A B A C Three sections with a repeated section
Type II	Freeform	A B A A Two Sections with a repeated section
Type III	Freeform	A A B A Two sections with a repeated section

Excellent for
INTERVALS!

Layout 1	Layout 2	Layout 3	Layout 4
Intro	Verse 1	Intro	Intro
Verse 1	Chorus	Verse 1	Verse 1
Chorus	Break	Chorus	Break 1
Verse 2	Verse 2	Verse 2	Chorus
Chorus	Chorus	Chorus	Verse 2
Bridge	Break	Bridge	Break 1
Verse 3 (short)	Bridge	Chorus	Bridge
Chorus	Chorus	Chorus	Break 2
Outro	Outro		Chorus

Fear & Doubt...

At the steepest part of the climb, the rider is suffering, and is filled with doubt and fear, wondering if she is going to make it. Surrounded by mist, she cannot see the top of the mountain.

Song: Aeternal

Artist: Clint Mansell (Paul Oakenfold Remix),
from the movie Requiem for a Dream

BPM: 88

Genre: Soundtrack, Downtempo

Profile: Energia Magica

Segment: Mid-Climb



Fear & Doubt Become Triumph

...then she breaks through the mist, and sees the summit! The road eases up slightly, and she realizes she will not fail! Nothing, absolutely nothing will get in her way.

Song: Preliator

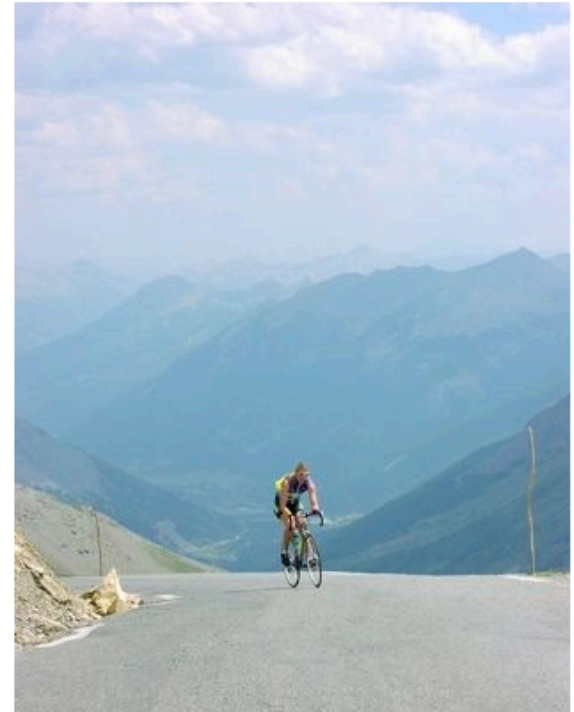
Artist: Globus

BPM: 144

Genre: Symphonic electronic

Profile: Energia Magica (and many others)

Segment: Summiting



Dramatic Introduction

The song starts ambient and non-rhythmic. The change in genre and volume focused attention on the instructor and the beginning of class.

Song: Perfect On Sunday

Artist: Master Margherita and Kali Frogz

BPM: 100

Genre: Ambient, Downtempo

Profile: Aerobic Conditioning

Segment: Introduction



Mind-Body Connection

When you need a song that provides intrinsic motivation, to inspire riders to connect within themselves. You coach them to *commit* to extended moderate efforts without the need for external distractions to break up the effort or to change positions as much.

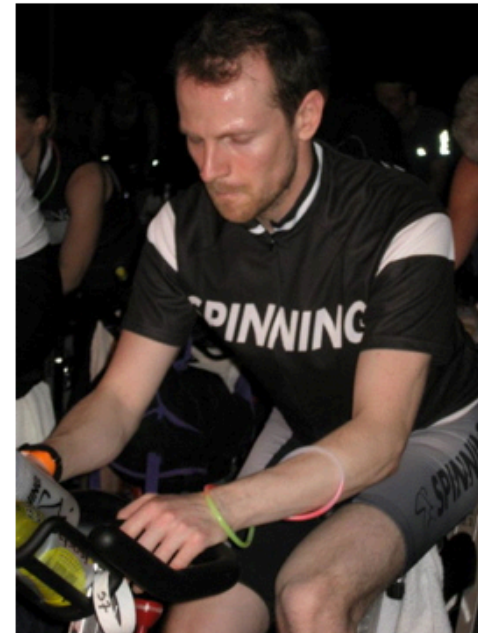
Song: Exposure (Aes Dana Remix)

Artist: Aural Planet

BPM: 90

Genre: Downtempo

Segment: Endurance, Aerobic Intervals, Post Hard Climb (But Not “Recovery”)



Test the Legs. Prepare the Mind.

A initial climb used to both prepare the body AND the heart for an 31-minute epic battle to the summit.

Song: Uprising

Artist: Flesh Field

BPM: 75

Genre: Electronic

Profile: Ascent to Elysium

Segment: Initial Climb



Can't Quit on a Single Track!

Scene: mountain bike single track with very short, very steep rollers. You can't slow down or stop...you will fall off! this is highly anaerobic.

Song: Black Dog

Artist: Led Zeppelin

BPM: 85 (varies)

Genre: Classic rock

Profile: The Rollercoaster Ride

Segment: Mid-Ride



Maximum Force!

Inspiring riders to use imagery (not cycling) to provoke a response of brute strength to push their muscles beyond what has been done before.

Song: Stampede

Artist: Dimitri Vegas, Like Mike, DVBBS & Borgeous

BPM: 64

Genre: Dance

Profile: Stampede

Segment: Muscular Strength Intervals



Attacks at The Top of a Mountain

Finish of a Tour de France stage, summit of an epic *Hors Catégorie* climb (such as Le Tourmalet).

The scene: Four riders are 2km from the top, filled with anxiety. Who will attack first?

Song: **Breathless**

Artist: **SBP**

BPM: **130**

Genre: **Electronic**

Profile: **Tour de France 2010, Stage 17, Le Tourmalet,**

Segment: **Final Summit of a Stage Race**



Dig Deep and Sustain the Pain!

After 30 minutes pushing their bodies to the limit and beyond, they finally realize this day has little to do with the bike, but rather what is inside them.

Song: Fire on the Inside

Artist: Pillar

BPM: 99

Genre: Rock

Profile: 2014 Tour de France Stage 20 ITT

Segment: Sustaining a Max Steady-State Effort



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