

Halloween Profile: Trick or Treat!

Trick or Treat

Created by Jennifer Sage

Profile type: Theme Class (Interval)

Intensity: Hard!

This profile is a fun game of intervals with student input to help decide the next interval. It is a lot of fun but will take a little organization on your part. You'll create index cards for each song, and let your students pick from a bag as if they are *trick-or-treating*. The card they pick will be your next "trick." The "treats" will be the recoveries in between. This class has the potential to be quite challenging.



You'll have to line up your songs carefully in your iPod so they are easy to scroll to. (Note, this profile probably wouldn't work well with a CD). I've included a screenshot of my playlist in iTunes so you can see how I lined mine up. The total is 65 minutes. You can drop Bad Moon Rising and end a little earlier if you must end at an hour. Or, if you only have 45 minutes, choose 5 of your favorite tricks and modify the profile.

There are two warm-up songs and 7 *tricks* ranging from 3-1/2 to 5-1/2 minutes. They are either consistent efforts for the full time (most at threshold) or consist of shorter high-intensity surges with short recoveries. Most are climbs, one is a fast flat, and one contains 3 sprint efforts in 5 minutes. The *treats* are the recovery songs of 2-1/2 to 3 minutes long.

Warm up to the first song and explain the profile. During the second song, as they begin to raise their effort just a little bit, pick your first victim, er...student, and have him or her pick out a *trick*. As soon as the second song is about to end, cue up the song indicated in the first trick, and that will be your work effort. Once you are done, select the first *treat* song (recovery) and while that is playing, walk around the room and have another student choose the next *trick*. Continue until all the tricks have been chosen.

The only *trick* I would avoid using in the first effort is the sprints. If your first trick-or-treater chooses that, have them pick another.

It does take a willingness to change your songs quickly, and with practice, you can do it seamlessly. If you don't want to do that, you can take the suggested interval efforts and put them in any order you want and do an interval class without the students' input. It will still be a great, kick-butt class!

Have some Hershey Kisses (dark chocolate of course) to hand out afterwards, or, give them something healthy if you prefer!

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Here is an example of my index cards. I use the big ones and write large so I can see it without my reading glasses! ;-)

See the Quick Profile at the end for what to write on your index cards.

For those who may be unfamiliar with the profiles at the Indoor Cycling Association, we give you both the coaching cues as well as a description of what



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Warm-up

1. Bad Moon Rising, Creedence Clearwater Revival, 2:20

2. A Nightmare on Elm Street (Club Remix), DiscoPhantom, 5:27

This first song should give you a foreboding feeling that there is some bad juju ahead for today's class! In celebration of Halloween, we're going to play a little game in which I'm going to have you all do the trick-or-treating. I'll ask 7 of you to pick from this bag. Inside, I have 7 cards. On each card is a song, and a drill or effort that we have to do. None of them are easy, but some are harder than others. Those are your "tricks." Your "treats" are the recovery songs we'll ride to in between these hard efforts.

The following are the 7 different songs and their accompanying efforts. Once the *trick* has been chosen, cue up that song in your iPod and get ready to start it as soon as the previous song is ending. You want to make sure to minimize any downtime (unless of course you need more recovery)!

The 7 Tricks

1. The 6th Gate (Bountyhunter Remix), D-Devils, 4:58, 71 rpm

Short attacks on a hill.

Begin right away, out of the saddle for 15–20 seconds, then sit back down and push hard. When the song eases up, so do you. There are two places where it eases up, then gradually builds again. You'll "recover" during those sections, getting ready to get out of the saddle again as it builds. Use the following timing:

0:00 – 1:08 Stand for 15 seconds, then push hard seated.

1:08 – 1:49 Ease up, then gradually add a little more as the song builds. Then after he says, "and dance with the devil" the second time...

1:49 – 2:44 Stand up again and go hard. Stand for 20 seconds, then sit and push.

2:44 – 3:25 Ease up, then begin building back up. Then after he says, "dance with the devil" the 4th time...

3:25 – 4:58 stand up for 20–30 seconds, then sit and push.

2. The Darkside (original mix), Hypertraxx, 5:14, 69 rpm

Quick switchbacks.

Alternate seated with standing climbs. Use the music to help determine the length. 4 sets of 8 counts works well (consider these long "jumps"). The song takes a break at 1:53. Sit back and ride easy for about a minute preparing for the next big push. As it starts to build, stand up again at 2:49 and continue alternating. As you climb, imagine peering around the corner of the switchback, to make sure you aren't riding into unfriendly territory!

3. Dark Angel, Lamia, 4:49, 60–120 rpm

Three big-gear sprints.

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Start out at 60 rpm, with a good amount of resistance. First sprint is at :37 into the song. Load the gear, stand, overcome the resistance (all the latter takes place in about 2–3 seconds), then sit and drive hard, sprinting for 15 seconds. You should be completely breathless. Then ride easy until the next one at 1:58. Sprint for 15–20 seconds, then ride easy until the final one about 4:20. See if you can hold it until the end (~25 seconds). Imagine that these short sprints get you through sections of the road that has cemeteries or haunted houses.

4. Mitternacht (Extended Version), E Nomine, 5:28, 67 rpm **Alternating (hard) standing climbs.**

Divide the class into two. Have one group stand up for 45 seconds and push hard while the other group rides easy and gets ready for their turn. Alternate these intervals 3 times (until 4:30 into the song). Then have everyone sit for 30 seconds and get ready for the final push out of the saddle together. This is a fantastic song for Halloween, and for pushing you up this hill!

5. Theme From Mission Impossible, Adam Clayton and Larry Mullen, 3:28, 93 rpm **Seated fast flat.**

Everyone sits, grabs the beat with their legs, and rides at 93 rpm. There should be enough resistance so there is no bouncing in the saddle with intensity just below threshold (just below “hard”). Visualize riding fast because you hear sounds behind you; not sure what it is. You don’t want to go so hard you have to slow down, so you’ve got to keep the intensity challenging but sustainable. You absolutely cannot let the legs slow down!

6. The Return to the Dark Ages, Lugburz, 4:45 **A slow, hard seated climb in the mist.**

There isn’t much of a beat to this song; just eerie, gothic sounds, perfect for a slow, seated climb (cadence around 60 rpm). Imagine riding in the early evening, trying to get to the top before dark. There’s mist swirling around as you climb. Images of jagged trees emerge through the mist. A car passes you, and gets close, then slows down, eerily. You can’t see into the darkened closed windows. Then it pulls away slowly, leaving you with a strange feeling they are watching you, waiting for you.

7. Nightmare (Original Sinister Strings Edit), Brainbug, 3:25 **Rolling hills with sprints to the top.**

Ride a flat road with a pretty big gear (67 rpm); there are two short, steep hills that lie in your path. The first one comes quickly at :28 when the song slows. Stand up and start climbing. The energy will build and build, as does your effort over the next 40 seconds. The final 5–8 seconds are almost a sprint to the top. The top of the hill is at 1:07, when the song takes off; you go downhill and let the legs spin.

About 15 seconds later, back on a flat, add a little more gear, get ready for the next steep climb ahead of you; it arrives at 1:36 when the song slows. Stand up and climb. Over the

next minute, the energy will build—once again, so will your climb. Stay on the beat and picture the top of the hill just ahead. At 2:25, when the song is about to “take off”, begin a standing sprint to the top. The top is at 2:33, then let the legs roll downhill again. 15 seconds later, add a little more resistance as the road levels off, but continue the big gear push in the saddle.

The Treats (Recovery songs)

Make sure riders drop their intensity to “easy” and just pedal at a relaxed pace with low resistance. No need to attain any particular rpm; your purpose is to recover and gain energy for the next hard effort.

1. Stalking the Killer, Johnny Bernstein, 2:28
2. Waking the Dead, Johnny Bernstein, 2:51
3. Silent Fury, Johnny Bernstein, 2:31
4. Out to Get You, Johnny Bernstein, 2:33
5. Harry Potter Theme Song, 2:40
6. Guilty of Being Innocent of Being Jack Sparrow, Hans Zimmer, 2:46

Cool-down Songs

The Saint Theme (Moby Remix), Orbital, 4:33

Tubular Bells, Theme From the Exorcist, The Ghost Doctors, 4:11

Below is how I line up my tracks in iTunes. First the two warm ups songs, then all the recovery songs, then the 7 “tricks”, and the two cool-down. It’s a little over an hour. If you need to, you can leave off the first warm-up and/or drop one of the cool-downs, or just end early while Tubular Bells is still playing...a nice exit atmosphere!

Halloween Trick or Treat ▶ 🔊

17 songs, 1 hour 5 minutes

▲ ▼	Name	BPM	Time	Artist
1	✓ Bad Moon Rising	89	2:20	Creedence Clearwater Revival
2	✓ A Nightmare on Elm Street (Club Remix)	135	5:27	DiscoPhantom
3	✓ Stalking the Killer	115	2:28	Johnny Bernstein
4	✓ Waking the Dead	150	2:51	Johnny Bernstein
5	✓ Silent Fury	149	2:31	Johnny Bernstein
6	✓ Out to Get You	90	2:33	Johnny Bernstein
7	✓ Harry Potter		2:40	TV Theme
8	✓ Guilty Of Being Innocent Of Being Jack Sparrow...	133	2:46	Hans Zimmer
9	✓ The 6th Gate (Bountyhunter Remix)	142	4:58	D-Devils
10	✓ The Darkside (original mix)	138	5:14	Hypertraxx
11	✓ Dark Angel	119	4:49	Lamia
12	✓ Mitternacht (Extended Version) 67bpm	134	5:28	E Nomine
13	✓ Theme From Mission Impossible	93	3:27	Adam Clayton & Larry Mullen
14	✓ The Return to the Dark Ages	105	4:45	Lugburz
15	✓ Nightmare (Original Sinister Strings Mix Edit)	134	3:25	Brainbug
16	✓ Orbital - The Saint Theme [Moby remix]	148	4:33	Orbital
17	✓ Tubular Bells	148	4:11	The Ghost Doctors



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Quick Profile

Warm-up:

Bad Moon Rising, Creedence Clearwater Revival, 2:20
A Nightmare on Elm Street (Club Remix), DiscoPhantom, 5:27

The 7 Tricks (Write these on your index cards)

Short Attacks on a Hill

1. The 6th Gate (Bountyhunter Remix), D-Devs, 4:58, 71 rpm

0:00 – 1:08 Go hard (stand 15s, then sit)
1:08 – 1:49 Ease up
1:49 – 2:44 Go hard (stand 20s, then sit)
2:44 – 3:25 Ease up
3:25 – 4:58 Go hard (stand 20–30s, then sit)

2. The Darkside (original mix), Hypertraxx, 5:14, 69 rpm

Quick switchbacks. 16–32 count, alternate seated/standing climb
1:53 – 2:49 Ease up when song backs off, then builds, stand at 2:49

3. Dark Angel, Lamia, 4:49, 60–120 rpm

3 sprints, ride easy in between

#1 :37 Hold 15 sec
#2 1:58 Hold 15–20 sec
#3 4:20 Hold till end ~ 25 sec

4. Mitternacht (Extended Version), E Nomine, 5:28, 67 rpm

Alternating Climbs. One stands on a hill, the other recovers. 45 sec each X 3.
At 4:30, everyone rides easy, prepare for final 30-second push to top

5. Theme From Mission Impossible, 3:28, 93 rpm

Fast seated flat. 93 rpm, just below threshold.

6. The Return to the Dark Ages, Lugburz, 4:45

Slow, hard seated climb. It's dark and misty.

7. Nightmare (Original Sinister Strings Edit), Brainbug, 3:25

Two steep rolling hills. Start flat, big gear.

:28 First climb, let it build.
1:07 Roll over top, let legs spin
1:36 Next steep climb. Let it build. Sprint the final 5 seconds to the top
2:33 Top of hill, let legs spin

The Treats: recovery songs (intersperse these in between the “tricks”)

1. Stalking the Killer, Johnny Bernstein, 2:28
2. Waking the Dead, Johnny Bernstein, 2:51
3. Silent Fury, Johnny Bernstein, 2:31
4. Out to Get You, Johnny Bernstein, 2:33
5. Harry Potter Theme Song, 2:40
6. Guilty of Being Innocent of Being Jack Sparrow, Hans Zimmer, 2:46

Cool-down Songs

The Saint Theme (Moby Remix), Orbital, 4:33
Tubular Bells, Theme from the Exorcist, The Ghost Doctors, 4:11

Playlist and song resources

Bad Moon Rising, Creedence Clearwater Revival, Chronicle Volume One

Any downloading site

A Nightmare on Elm Street (Club Remix), DiscoPhantom, A Nightmare on Elm Street Dance Remixes, Amazon

The 6th Gate (Bountyhunter Remix), D-Devils, The 6th Gate, eMusic

The Darkside (original mix), Hypertraxx

This one is hard to find. Google it to find some downloading sites. Amazon has it as an import. If you can't find it, use one of the eerie songs from the extended ICA Halloween Playlist

Dark Angel, Lamia

The Return to the Dark Ages, Lugburz

Both are found on **Dark Moments Vol. 6 – 25 Gothic, EBM, Darkwave, Industrial, eMusic**

Mitternacht (Extended Version), E Nomine, Fristernis

Amazon has it as a CD (import single); you may have to Google it. Awesome song, but if you can't find it, use another song from the Halloween list.

Theme From Mission Impossible, Adam Clayton and Larry Mullen, Amazon

Dark Moments, Vol 6 – 25 Gothic, EBM, Darkwave, Industrial, eMusic

Nightmare (Original Sinister Strings Edit), Brainbug, Amazon

Stalking the Killer, Johnny Bernstein

Waking the Dead, Johnny Bernstein

Silent Fury, Johnny Bernstein

Out to Get You, Johnny Bernstein

All these are from the album **Murder Files**, available on eMusic or Amazon

Harry Potter Theme Song, The Complete Halloween Party Album, iTunes

Guilty of Being Innocent of Being Jack Sparrow, Hans Zimmer, Pirates of the Caribbean: On Stranger Tides, iTunes

The Saint Theme (Moby Remix), Orbital

You may have to Google this to find this version, though there are many other versions on most download sites (Movie theme albums)

Tubular Bells, Theme from the Exorcist, The Ghost Doctors, eMusic

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How can the Indoor Cycling Association help you as an instructor?

The Indoor Cycling Association is the global leader in online education for indoor cycling instructors, creating a passionate community of instructors from around the world. It doesn't matter your certification or the bike you ride—the articles, videos, webinars, and audios at ICA will help you become a more entertaining and engaging coach. You will increase your knowledge of cycling technique, biomechanics, and physiology, and learn how to create fun and meaningful profiles using fabulous music. And, you will learn how to coach using successful mental training techniques used by some of the top coaches in the world, such as intrinsic motivation and visualization. As a result, you will inspire your riders like never before and they will flock to your classes!

This Halloween profile is only a small example of our awesome profiles we provide for members. While this is a theme ride with limited coaching cues, we have many dozens of profiles for every training objective possible, each with extensive cueing suggestions and fantastic playlists that help you stand out as a rock star instructor.

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More Riders. More Love. More Confidence.

Our members have told us that as a result of their membership at ICA, they have greatly enhanced confidence, more students who love them, fuller classes, happier management, and are finally able to comprehend confusing topics that eluded them in the past.

Why don't you join thousands of other instructors around the globe and see how an ICA membership can help launch your coaching to the next level?

<https://www.indoorcyclingassociation.com/ica-membership>

Cuez coaching app is here!



ICA has just released its innovative cueing and coaching app with 700 empowering cues to help you inspire your riders. With a subscription to the most comprehensive cue, quote, analogy, and

educational mobile app for indoor cycling instructors, your teaching ability, classes, and riders will never be the same! Available in the Apple App Store, or for more information:

www.indoorcyclingassociation.com/cuez

