

Halloween Profile: Trick or Treat!

Halloween Trick or Treat
Created by Jennifer Sage
Profile type: Theme Class
Intensity: Hard!

This profile is a fun game of intervals, with student input. It 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. (It probably wouldn't work well with a CD). I've included a pdf of my playlist so you can see how I lined mine up.

There are two warm-up songs. Then there are 7 *tricks*. These are your work effort songs. They range from 3-1/2 to 5-1/2 minutes and will be 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 is 3 sprint efforts in 5 minutes.

The *treats* are the recovery songs. They are 2-1/2 to 3 minutes long.

You will 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.

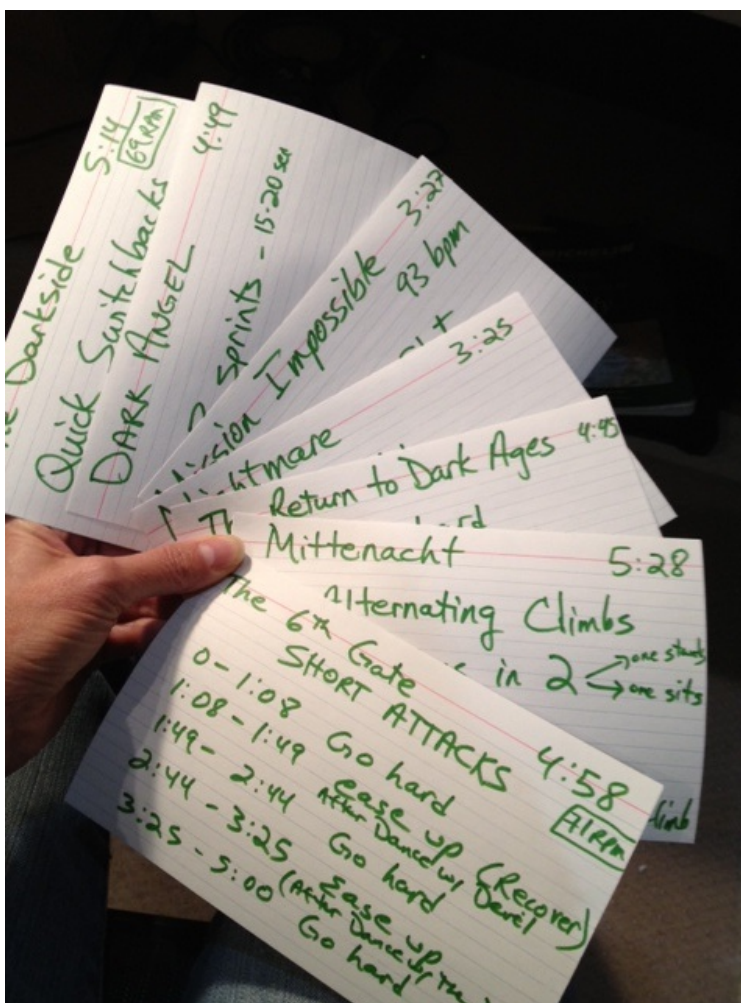
It does take a little bit of willingness to change your songs quickly. If you don't want to do that, you can take the suggested interval efforts and put them in any order you want and do an interval class without the students' input. It will still be a great kick-butt class!

I have some Hershey Kisses (dark chocolate of course) to hand out afterwards. Or, give them something healthy!

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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.



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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. For each one of those I just want you to pedal on an easy flat road.

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, gradually adding 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. 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, stand, overcome the resistance, then sit and drive hard for 15 seconds. 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, then see if you can hold it until the end (~25 seconds). These short hard efforts get you through sections of the road that has cemeteries or haunted houses.

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!

Theme From Mission Impossible, Adam Clayton and Larry Mullen (on Amazon), 3:28, 93 rpm

Seated fast flat.

Everyone sits, grabs the beat with their legs, and rides at 93 rpm. Intensity just below threshold. You can 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 slow the legs down!

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

A slow, hard seated climb in the mist.

Not much of a beat to this song. Just eerie, gothic sounds. Perfect for a seated climb! Imagine riding in the early evening, trying to get to the top before dark. There's mist swirling around as you climb. Images of trees emerge through the mist. A car passes you, and gets close, then slows down, eerily. Then it pulls away leaving you with a strange feeling they are watching you.

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

Rolling hills with sprints to the top.

Get on a flat road with a pretty big gear (67 rpm); two short, steep hills lie in your path. The first one is at :28 when the song slows. Stand up and start climbing. The song 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 climb ahead of you. It hits at 1:36 when the song slows. Stand up and climb. Over the next minute, the energy will build. So will your climb. Stay on the beat but picture the top. 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.



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The Treats (Recovery songs)

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



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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