



Halloween Profile Ride For Your Lives!

Created by Mia Bink, ICA Contributor
Training Type: Muscular Strength and Endurance
Working HR Zones: Zones 3-5
Total Class Length: 60 minutes

Profile Objective and Intensity:

“Why so serious?” Just as he is about to completely destroy someone, the Joker begs this question; I love it. As a fitness instructor, I often feel the same way; I find excitement and pleasure from designing new ‘torture’ techniques for my classes, all the while, making it fun. Too often we lose sight of the *experience* and focus solely on the *exercise*. This profile may tip the ridiculous scale, but I assure you, Twilight and Buffy the Vampire Slayer were not likened to cults because we are adverse to ‘the macabre.’

This particular ride is written to be performed as much as it is to be coached. The instructor takes the position as a guide on a Haunted Bike Tour past a graveyard, through Halloween Town, into the woods, past a second graveyard, and concludes with a steep ascent to Dracula’s castle. The more theatrical – the better! Might I suggest ridiculous glasses or a witch/mad hatter hat... and a fog machine?

Enjoy!

Intro / Warm-Up

Theme from Nightmare on Elm Street, Halloween, 1:28, 94 bpm

This particular ride requires a far more grandiose introduction than most, however attention to form, function, and safety-guidelines still reign. The goal is to encourage the riders to join you in the “fun.”

Welcome Ladies and Gentlemen to what shall prove to be a most... sinister hour. My name is _____ and I shall be your guide. Today’s ride takes us out of the studio and into a world of zombies, werewolves, and vampires.

Together, we will encounter critical moments when speed counts, others times when endurance reigns in order to overcome a treacherous summit. We have one objective: Survival.

I assure you that you are in good hands; unlike many leaders that tempt fate through this course, I only lose one or two participants per tour... your odds are strong. Good luck.

Fog and Shadows (Warm-up Continues)**Resident Evil, Estudios Talkback, 3:54, 75 bpm**

Imagine for a moment, that as we travel this flat road together, our vision is limited to a few bike lengths - the fog suffocates the earth. My friends we have a long ride ahead of us. I encourage you to bring your body into full awareness and prepare for the challenges ahead.

The road is choking on an eerie fog. You can barely make out shadows in the distance and realize you're approaching the first of two graveyards you are promised.

This ride may appear playful, and I encourage you to have as much fun as you can with it, but my friends, this ride is truly about conditioning for survival. The power in your heart, lungs, and body should never be taken for granted. Train for strength. Train for endurance. Ride to survive.

Take a moment to relax your upper body. Let your shoulders sink away from your ears and allow the elbows to tuck in and relax. This may be your last opportunity.

Thrilling Leg Openers**Thriller, Michael Jackson, 5:57, 60/120 bpm**

This song does a wonderful job of bridging familiarity and intensity. Since most of your riders will know this song well, they can easily anticipate the arrival of the chorus and consequently, the increased intensity. The end of the song is spoken: a perfect opportunity to bring your riders back to zone 2 before the 'Thrills' really start.

There are three opportunities to open the legs here and the last is twice as long – listen to your body and add resistance to match your tolerance... Just keep in mind, the integrity of your warm up will determine your survival. No pressure.

Set your resistance so that you can feel it at 60rpms. When the chorus kicks in, so does our cadence; maintain your resistance but increase leg speed up to 120rpms.

As we make our way to the outskirts of Halloween town, we pass a mysterious graveyard filled with... Dancing Zombies?!

Your Last Chance**Halloween Theme – Main Title, John Carpenter, 2:55, 70 bpm**

As your riders approach Halloween Town, tension increases – literally. Ideally you would like your riders settling into Zone 3. Use the foreboding alertness to check in on form and get them out of the saddle. This is an awesome time to discuss how proper technique increases performance.

My friends, your technique could save your life today. Stay relaxed. Stay calm. And commit to smooth pedal strokes.

We are about to enter a world unlike any other. Expect the unexpected. Just remember as we go through today's ride, that you signed up for this!

In preparation of what lies ahead, we will spend the first minute in the saddle and then alternate in and out of the saddle for 30 seconds at a time to finish the song.

Entering Halloween Town

This Is Halloween, Marilyn Manson, 3:22, 84 bpm

As the designated tour guide, now is the time to welcome your riders to Halloween Town – appropriately named as you detail the bats, spider webs, and twisted creatures of the night. This song takes us through the center of town, a town your riders should be 'eager' to get out of. What they don't realize is what lies on the other side – Wma Ha Ha!

This song should combine both in the saddle and standing efforts: Zone 3/Zone 4; I chose to let the riders select when. The lyrics are riddled with tools to describe your ride and the town itself.

We have reached the base of an aggressive climb up Main Street. I will not cue you when to stand; the timing is up to you. When you hear a set of lyrics that make your skin crawl – take a turn out of the saddle. How long? That's also up to you.

It is my pleasure, dear riders, to welcome you to Halloween Town!! Stay close together now. You never know what creatures we may encounter here today.

Fear not the golden stalking eyes in the windows... for they are the least of the daemons we must conquer.

Get the Hell Out of Town

Our Solemn Hour, Within Temptation, 4:17, 90 bpm

That's it – we are getting out of town! Warn your riders not to blow up yet... there is plenty more to come. The cadence is specifically set over 80bpm to tax the lungs without destroying the legs. Focus on pedal stroke efficiency. Recognize that many of your riders may struggle to reach 90bpm – the goal is to get as close as possible while maintaining proper resistance.

We have reached a flat open road, but this is not the time to relax. Charge ahead my friends... but heed my caution. Destroying yourself now will only feed the monsters that await you.

Insanity is all around us!' – yes, it most certainly is! The question is, can you keep your head on straight? Stay focused? Can you refrain from panic and instead focus on your breath.

Up ahead is Werewolf Wood... we are far from sunshine and rainbows my friends.

Can You Survive Werewolf Woods?**The Howling, Within Temptation, 5:33, 61 bpm**

Welcome your riders to Werewolf Wood! Past the paved roads of town, you cannot help but notice the change in terrain. Leg speed drops and resistance increases – sticking close to a zone 3 effort; time for a little ‘off roading.’ Flat roads are replaced by twisting trails and precarious paths. Caution your riders to stay true to the course and to take note of the ominous shadows lurking along the edges of the forest.

The question therefore arises; what is lurking in your woods? Why are you here? Why go through this?

The greatest threat to yourself is not the external world... it is your own desire to be ‘comfortable.’ I challenge you to embrace the pressure; get uncomfortable; reject the unfamiliar.

We are deep in the woods now and can see the werewolves darting through the tress. They are close to us now! Regulate your breathing, smooth out your pedal stroke; we MUST avoid detection.

Cabin or Werewolf**Howlin’ For You, The Black Keys, 3:12, 68 bpm**

Up ahead you see a cabin – set on top of a moderate hill. Surely you will be able to find reprieve and rest, it’s just a matter of getting there before the werewolves take note of you.

Set the resistance to slow the legs down to approx. 60rpms... during the chorus, encourage your riders to stand up and increase their resistance slightly – when the verse kicks back in, head back to the saddle but maintain resistance. By the end of the song, the legs should start screaming. The goal is restrict any heavy “pounding” on the down stroke, instead encourage a seamless stroke – we don’t want to make much noise...

This is brutal; it is nasty... but so is being mangled by a werewolf! At least, if you can avoid discovery, you can recover when we reach the cabin!

Set your resistance so that you can feel the road underneath you. Maintain your tempo. Every time we come out of the saddle, tap your resistance to the right (or up). Hold onto it... do not back off your resistance or your cadence when we head back to the saddle.

Can you hear them? Can you hear the howling? ... That’s right. My friends they are howling for you!

Help Arrives!**Ghost Busters, Halloween, 4:06, 58 bpm**

You have reached the cabin but decide to take a moment and rest. You and your riders have been expending tremendous amounts of energy and you assure them they have many dangers to prepare for ahead.

This is a fantastic time to get off the bike and walk around your class. Ask about costumes, what candy they will be passing out, or their favorite Halloween movie. Connect briefly and then offer a quick correction or suggestion if necessary (remember to lift the mic away from your mouth to offer privacy to your riders). Towards the end of this song prepare your riders for the effort ahead.

Just when hope starts fading, you notice three familiar faces on our tour: Bill Murray, Dan Aykroyd, and Harold Ramis... Who is on our team?! Ghostbusters!

When you can breath enough to laugh with me over this song, I will know we are ready to tackle what lurks inside the cabin.

This is a lengthy recovery – on purpose. Our next two songs combine zone 4 and zone 5 efforts; you will need every ounce of recovery you can take here.

Cat & Mouse ...or Wolf & Rider**Little Red Riding Hood – Radio Version, Da Tweekaz, 2:56, 75 bpm**

This is hands down my favorite song of the entire profile. It makes me want to dance and run for my life at the same time! Da Tweekaz does a fantastic job of telling the story for you! Every class has members that crave a solid zone 5 effort – this is it. Imagine the wolf emerging from the woods and chasing after the riders as they leave the cabin. Every time the group feels comfortable enough to relax, the wolf re-emerges to hunt them again – a bit of cat and mouse if you will.

The first effort should be ‘practice’, followed by two all out, max efforts. Between the efforts, have your riders back off as much as possible while still retaining enough resistance to protect their joints.

Zone 5 efforts at 0:14-0:26 (practice) 1:05-1:30, 2:15-2:40

Someone from the group dared to open the cabin door. Heaven help us! Help is nowhere to be found – just a voracious wolf seeking his prey.

The first attack we will face together... the second two, it's survival of the fittest.

Crank up the resistance. Then come out of the saddle and bring yourself up to speed. Allow the effort to over take your body. Bring it back to the saddle and shut it down.

Grave Yard Zombies!!!**Living Dead Girl, Rob Zombie, 3:22, 52/104 bpm**

Your riders will need recovery from the last effort - use the first 40seconds to offer a slight reprieve. Let them know that a longer recovery is offered IF they can make it through the next 3 ½ minutes.

Out of the woods you pass a graveyard and everyone wonders why it is so far removed from town. As the ride leader you ask if anyone is well versed in zombie attacks? Here they come... the living dead.

Echoing the leg openers from early on, yet with a greater intensity, set the resistance so your riders remain in zone 3 around 50-60rpms – when the chorus kicks in, bring the legs up to twice the speed.

Chorus kicks in – 0:57-1:16, 1:44-2:02, 2:44-3:21

Your body will beg you to succumb to complete shut down; fight it! Recovery is only three minutes away.

It is not just your ability to complete a difficult zone 5 effort that marks your fitness; your ability to come back from it and hold a zone 4 effort demonstrates true strength.

How do you kill someone that is already dead?! Did anyone bring a shotgun? Baseball bat? No... I guess speed is our only weapon.

Your lungs should feel ready to explode, your legs on fire, your mind short circuiting

Recovery Through Darkness**The Exorcist, Halloween All-Stars, 3:24, 70 bpm**

If your riders feel completely recovered within two minutes, they clearly did not work hard enough on the previous efforts. If that is the case, have no fear – there is still a 10-minute climb ahead to prove themselves on. Encourage your riders to stay hydrated. Let them know that this is the point in class when they can either let their energy drop or they can fight for the ride of their life! Tell them you know it is going to be tough, but that they can accomplish it.

You survived the zombies!! Well done! Take a moment to appreciate what your body just accomplished for you! Remember, it is not all about what your body looks like... it is about what your body can Do!

Go ahead and take a personal assessment to make sure all of your appendages are still attached.

We are approaching our final ascent. Take the time to hydrate now because the final ten minutes are brutal.

Ascent to Dracula's Castle (Start of 10 minute climb)**Theme from Halo, Halloween, 2:42, 60/120 bpm**

As we reach the base of what appears to be a daunting and treacherous climb, your job as the tour guide and ride leader is to remind your group of all they have already accomplished and prepare them for what they have left to endure. Take the first song with caution and use it to build up from zone 2 (out of recovery) into zones 3 and 4 by the end of 2 ½ minutes.

The end is in sight, but you must commit. This is the last place on earth you can afford to blow up because no one is going to lose whatever momentum they have gained to fall back and help you out.

As much fun as this ride is – the truth is, we face serious threats on a daily basis, many of which are within our realm of control. Perhaps zombies represent a sedentary life style and werewolves our over processed diets. We are about to take on the vampires... what do they represent to you?

This is not for a medal; this is not for a jersey or a stuffed lion; this is for your life!

Journey to Transylvania, Alan Silvestri, 1:34, 74 bpm

Coming around the bend, the skies open and angelic vampires appear, circling your riders overhead like vultures circling prey. Instantly Zone 4 takes hold. They haunt, taunt, and cackle at your group – yet avoid attacking. Encourage your riders to shut out the panic.

You have two choices. If the vampires elicit panic, turn your focus inward and block them out. If, however, what's happening in your lungs and legs frightens you more, focus on escaping these monsters!

There are no heroes here! We stick to the pirate code – Those who fall behind, stay behind. Whatever it takes, stick with us!

Winners are not always the fastest or the strongest. Winners are the ones who can keep panic at bay and focus on the task at hand.

Hunter-Killer, Ramin Djawadi, 2:21, 80 bpm

A series of switchbacks on this consistently challenging climb, force your riders out of the saddle. You can either ride out of the saddle the entire two minutes, or, if your riders are unable to stand for the full two minutes, break it up.

Your body is capable of so much more than you allow it to achieve. Imagine for a moment that you truly are in a crisis of survival... what could you muster?

Here's to survival! Here's to looking 'killer' in this years costume... or lets be honest, here's to burning off the candy some of you have been 'sampling'!

We are encountering a series of switchbacks – for each one, I would like to add resistance and come out of the saddle at 80rpm. Do your best. 80rpm is a challenging cadence to sustain climbing and standing.

Theme from Requiem for a Tower, London Music Works, 4:10, 80 bpm

The road is visible all the way to Dracula's castle. The vampires are heading up towards the castle to alert their master. Simultaneously, a host of werewolves, zombies, and monsters make their way up the cliff to partake in what you assume is a festival to celebrate your defeat. Do not give them the gratification!

At this point the count down begins. For each of the four minutes left, give your riders a specific focus: controlled (as much as possible in zone 4) breath, relax the upper body, seamless pedal stroke.

Four minutes to go. Lets break this down... Minute one, focus on relaxing the upper body. Minute 2, dial into your pedal stroke. Minute 3 is all about the breath. On our last minute, put them all together and Crush the last of this Climb!

2 minutes are left til we conquer Dracula's castle and relish in our final decent. Now is the time to scare the daylight out of yourself and go beyond your boundaries. Dance between zone 4 and zone 5.

1 minute to go – there is little left to say. Enflame your lungs and bury your legs.

Up and Over Dracula's Peak (Cool-down)

The Phantom of the Opera Medley, Lindsey Stirling, 6:27, 79 bpm

For those of you who are unfamiliar with Ms. Stirling, she is a 28-year-old American violinist, composer, performer, and choreographer. I love this version of the Phantom and imagine sailing down a steep descent back to the original meeting point of the ride. This ride was brutal – many zone 4 and zone 5 efforts... not to mention near death by monsters. Celebrate with your class and take the time to recognize their hard work. What is beauty? In my opinion, it is the look of commitment and determination on our rider's faces as they take on a challenge far more demanding than they would have placed on themselves.

My companions, we made it! Did we keep everyone? Well to those of you who survived, a sincere heart felt Congratulations!

Your victory is beautiful! Your faces as your mind battled fatigue, your sweat as you charged up to Dracula's castle... this was a ride to be proud of!

Just think, every monster you beat is another candy you can eat!

Music Profile

| Section | Music | BPM | Time |
|--|--|--------|------|
| Intro / Warm-up | Theme from Nightmare on Elm Street, Halloween | 94 | 1:28 |
| Fog and Swadows | Resident Evil, Estudios Talkback | 75 | 3:54 |
| Thrilling Leg Openers | Thriller, Michael Jackson | 60/120 | 5:57 |
| Your Last Chance | Halloween Theme – Main Title, John Carpenter | 70 | 2:55 |
| Entering Halloween Town | This Is Halloween, Marilyn Manson | 84 | 3:22 |
| Get the Hell Out of Town | Our Solemn Hour, Within Temptation | 90 | 4:17 |
| Cabin or Werewolf | Howlin' For You, The Black Keys | 68 | 3:12 |
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