

When Turkeys Fly

Created by Bill Jenks
Training Type: Holiday Fun
Working HR Zones:
Total Class Length: 60 minutes

Profile Concept:

Today we are going to answer two age-old questions: “Do turkeys fly?” and “Where do they go if they do?” We will join our friend Tom the turkey on a journey of discovery, as he chases his dreams only to discover what is truly important.



Tom hates his life. He knows there is something better—somewhere. He desperately wants to find it. He dreams about soaring with the eagles and flying off to some wonderful place where he can be happy. He keeps himself very busy to distract himself from the life he is leading and he doesn’t see the beauty around him. His friends question his dreams because they too are stuck in their day-to-day lives and they can’t imagine breaking free. But Tom is different, and with his mom’s encouragement he teaches himself to fly.

And fly he does. He takes off to his future to fulfill his dreams. However, Tom finds that life is hard out there and the excitement of his new life wanes. In time he realizes what is truly important and discovers that “somewhere over the rainbow” might not be that far away from home.

All of the songs are available on Spotify. I have made the “When Turkeys Fly” playlist public so you should be able to see it by following me, Bill Jenks, on Spotify. The playlist is composed of 18 songs totaling 63 minutes including warm-up and cool-down.

I have included the song name, duration, artist name, and album name for each song. *The italicized parts of each song description are the instructor coaching.* The bold words in each song description help to illustrate how the song fits into the story. The descriptions and story for each song are short to give you a feel for what Tom is thinking and feeling. You may want to elaborate a bit. Let yourself be creative. The songs were picked for their lyrics because those words help to tell Tom’s story. I suggest that you listen to the words of each song or maybe find and read the lyrics (Google “name of song” lyrics). Try to use some of the song lyrics in your description of Tom’s journey.

If you have never offered a story ride to your riders before I would like to challenge you to share this ride with them. We ask our riders to let us help them leave their comfort zone and to ride harder, faster, and longer so that they improve their fitness and confidence. Use this ride to take

yourself out of your comfort zone to become a more well-rounded instructor with more skills to offer your riders.

I would suggest you lead this ride from the floor (off the bike). There is a lot going on and you don't want to be distracted from your story-telling. I find that story rides are best led off the bike because your riders will not be looking at you. Their focus will become the story and they will "see it" unfold before them if there is nothing of interest to look at.

The story is based a bit on *Johnathan Livingston Seagull* and a bit on *The Wizard of Oz*. Have fun with it. Have a wonderful Thanksgiving. If you have any comments or questions please get in touch via e-mail: spinningwillie@gmail.com.

When Turkeys Fly

Song #1: Dreamer, Supertramp, Crime of the Century (Remastered), 3:32

Warm up on an easy road with a comfortably fast cadence. Introduce Tom the turkey.

*Tom is a **dreamer**. He is unhappy in his current life. He feels trapped and miserable. There must be something better. Time just keeps slipping away. Tom has dreams and they are slipping away too.*

Song #2: Fly Like An Eagle, Steve Miller Bank, Fly Like An Eagle, 4:43

Continue to warm up but stay in the saddle. Add some resistance because Tom is feeling the weight of the world on his shoulders.

*Tom wants to **fly like an eagle**. He wants to soar to new heights and live his dreams. He wants to feel alive but the weight of the world is holding him down.*

Song #3: Fly Away, Lenny Kravitz, Greatest Hits, 3:42

Ease the resistance back to a flat road and increase the cadence during the chorus to simulate Tom's excitement when he allows his dreams to take over his thoughts.

*Tom has a bit of hope. He daydreams about the day he can just **fly away**. To take off over the trees to any place he pleases. From time to time (during the chorus) he almost feels like he is flying and he moves faster (increase pace) and his heart, if not his body, soars with the eagles.*

Song #4: I Try To Think About Elvis, Patty Loveless, When Fallen Angels Fly, 2:50

Moderate seated climb with a moderate to fast cadence. Tom is working hard to distract himself from his dreams and to focus on his current life.

*Tom tries to distract himself from his dreams by **thinking about Elvis** and so many other things. He gets together with his friends and they have good times but it doesn't work. He still dreams about flying off to a better place. Even though he keeps himself busy, to distract himself from his miserable life, he can't stop thinking about the unknown world he longs to explore. He is so unhappy.*

Song #5: Falling, Haim, Days Are Gone 4:18

Tom is very confused. To simulate the confusion, change the resistance and cadence several times during the song (try to make the changes so they do not connect with the music).

*Tom is still listening to his dreams and he decides to share those dreams with his friends. The other turkeys think he is nuts and they tell him he will fail. They tell him he will never fly and that if he tries they will watch him as he is **falling** from the sky. Even though Tom is still filled with doubt he is sure he can never give up on his dreams. Even if he fails and falls from the sky, at least he tried.*

Song #6: I'll Fly With You (L'amours Toujours), The Allstars, Power Fitness, 4:03

Find a flat road with a fast cadence to simulate Tom's excitement as he runs around the farm telling his friends that he is going to try to live his dreams.

*Tom's mom hears about his dreams from one of his friends. It is not news to her. She has known about Tom's dreams since shortly after he hatched from his egg. Moms just know these things. She knows that Tom is not like the other turkeys. Tom is special. She knows he can do it and encourages Tom to follow his dreams, telling him, "I will always be by your side. I will always believe in you." She tells him, "**I'll fly with you.**" Tom is very happy. He runs around the farm telling all of his friends that he is going to teach himself how to fly and he is going to fly away and live his dreams.*

Song #7: Hit The Ground Runnin', Keith Urban, Defying Gravity, 3:25

Find a flat road with a fast cadence. His mom gave him the confidence to try. His doubting friends gave him the strength and determination to prove them wrong.

*It is time to say goodbye and get on with living the life he has dreamed about. But first, Tom has to learn how to fly. He **hits the ground running**. Getting some speed, Tom jumps into the air only to land again.*

Starting at 1:38 into the song, alternate in and out of the saddle (jumps) to simulate takeoff attempts for the remainder of the song. This is the first time in the ride the riders will get to stand. Hopefully it will feel good to stand and they can feel some of the joy that Tom feels when he leaves the ground for the very first time of his life.

He tries again and jumps into the air and is up a little bit longer. Over and over he tries to jump and each time he is up a bit longer

Song #8: Mighty Wings, Cheap Trick, Top Gun—Motion Picture Soundtrack, 3:51

Continue with jumps.

*Tom realizes that he does have the wings to fly. He knows he needs a bit more practice but he has the **mighty wings** that will make his dreams come true. He keeps trying. Tom continues to practice and he gets better. Each time he lifts into the air he gets higher and each time he is able to stay up a bit longer*

(Increase the length of time the riders are standing on the jumps as the song progresses.) He feels the blazing fire within his heart. He can do this. He will succeed.

End this song in the saddle but keep enough resistance to be able to stand.

Song #9: Gonna Fly Now (Theme from Rocky), Bill Conti, Rocky, 2:48

Pick up the cadence against the resistance still on the bike, and at :52 into the song lift for the final time into a standing climb.

Finally Tom is **gonna fly now**. He starts running one last time. He leaps into the air and he is flying. He is soaring over those that doubted him. He sees his mom looking up with pride, love, and the biggest smile a turkey can have (which is really not that big since turkeys don't have lips). Tom is so happy. He can feel his mighty wings getting stronger. He is flying high. He is soaring with the eagles.

Song #10: Free Bird, Road Demonz, Classic Rock Road Trip Driving Music Mix, 3:17

Find a heavy seated climb with a slow cadence.

*This flying thing is hard. Finally his dream of flying is his reality. He is a **free bird**. Tom is so happy that his dream is about to come true but he hates to leave his mom and his friends. He will miss them but he has to go and live his dreams. There are so many places that Tom wants to see. So many things that Tom wants to do. He is a free bird now and he will never change.*

Song #11: Ready Aim Fire, Man Made Machine, Become, 2:59

The resistance is still heavy. Pick up the cadence and stand on the chorus to avoid the bullets and to get away from these hunters.

*Up ahead he sees a group of people and decides to go over and say hi. The people where he came from were always nice. They gave him food and water and Tom is feeling a bit hungry and thirsty. Maybe these people will be nice and give him food too. But then one of them screams, "**Ready, aim, fire!**" and they start shooting at him. It is time to get away from here.*

Song #12: The Ballad Of Punkin Chunkin, Calvin B. Streets, The Ballad Of Punkin Chunkin, 2:13

Slow the cadence and find a moderate seated climb.

Tom sees another group of people but these folks are laughing and seem to be having a good time. Maybe they will be nice and give him some food and some water. He sees a couple of dogs running around so maybe he will be able to share some of their food like he was able to do with Toto (the family dog) back at home. He kind of misses Toto and wonders how his other friends and his mom are doing. As he approaches the gathering of people, a large orange pumpkin flies into the air and then another and another and another. Those are some really weird machines built out of wood and rope. Tom once heard about the punkin chunkin contest. Now he has seen it for himself. He is living the dream. He is not sure why people find it so much fun but he decides to keep on going and find someplace safer.

Song #13: Fly By Night, Rush, Fly By Night, 3:22

Increase the cadence to get away from the flying pumpkins.

Tom is determined to make his dream come true. He is determined to leave his old life behind and start fresh. He will have a better life somewhere. If he can only fly far enough

*away from his old life he is sure he will find his new life waiting for him. He only has one problem. It is getting dark. He wonders if he can **fly by night** but decides he is tired and it would be safer to land for the night and get some rest.*

At 2:07 into the song, settle in for the night and a recovery.

Song #14: Do Life Big, Jamie Grace, Ready To Fly, 3:05

Small hill with the occasional standing flat to simulate that Tom is feeling good and ready to get on with living the dream.

*After a good night's sleep Tom is feeling better. He is even more determined to find what he has been missing in his life. He knows it is out there. All he has to do is spread his wings and fly. He will experience the world and **do life big**.*

Song #15: This Is The Life, Amy Macdonald, This Is The Life, 3:04

Add resistance to a moderate hill (seated or standing) to simulate the growing doubt in Tom's mind.

***This is the life.** Tom is living it now, or at least he thinks he is. A bunch of people tried to shoot him and then the pumpkins started to fly. Finding food is harder out here in the world. That's living? Isn't it? It must be. Tom starts to wonder where he is going to go and what he is going to do. He wonders where he is going to sleep tonight. He starts to have doubts. Is this all there is?*

At 2:44 into the song Tom settles in for the night and dreams (recovery).

Song #16: I Can See Clearly Now, Jimmy Cliff, The Best Of Jimmy Cliff, 3:15

Continue the recovery for the first :50 of the song, then pick up the cadence.

*The sun begins to rise and Tom wakes up feeling different. He yawns and stretches those mighty wings and those fabulous drumsticks. He feels his heart beating a bit faster beneath his breast. He remembers the dream he had last night and he suddenly knows what to do. Tom can **see clearly now**. All the obstacles are gone. It is going to be a bright, sunny day. His vision is clear. There in front of him is his rainbow—his dream—and he knows exactly what to do.*

Song #17: Mama, I'm Coming Home, Ozzy Osbourne, No More Tears, 4:12

Moderate seated climb with a moderate cadence. Stand and pick up the cadence occasionally as the music moves you.

*Tom is going home. He is **going home to his mama**. He is different now. He is not the same turkey that left his home. He is jubilant. He flies hard and fast back to where he belongs.*

Cool-Down

Song #18: Somewhere Over The Rainbow/What A Wonderful World, Israel

Kamakawiwo'ole, Facing Future, 5:05

Recovery and cool-down.

*Tom arrives back home. He knows he doesn't belong **somewhere over the rainbow**. He belongs at home, in Kansas, with his mom, the other turkeys, and Toto too. When he arrives back home he circles the yard a couple of times looking down on his family and his friends. They are looking up with their mouths open in awe, wonder, and love. He knows the best things in life are not things, not places, but being with those that you love and being with those that love you. Have a wonderful, family-filled Thanksgiving. Be thankful for what you have. Sometimes the best things in life are right in front of you.*