

## 7 Quickfire Tips TOP Instructors Use to Wow Their Riders with Music and Coaching

- 1. Let the Music Power the Profile:** Always create your profile first and then add the music. You are like the movie director, creating the screenplay, then adding the soundtrack to match the emotion and flow of your ride. Songs that have been carefully selected to match the coaching message and the profile objective will turn your good rides into fantastic ones.
- 2. Don't Battle the Vocalist:** If you have a profile and objective that take a little more time and effort to explain, use an instrumental song for the warm-up so you don't compete with lyrics as you describe the goals of your class.
- 3. Let the Rhythm Move You and Your Riders:** Ride to the beat of the song. Rhythm is powerful and has been proven as a tangible motivator for exercise and training. For climbs, choose music that has a bpm of 120–160 (or 60–80 depending on how you count the beats). Flat roads can range from 80 to 100 bpm (with occasional pushes to 110 rpm); these can be easy efforts or hard threshold efforts. 100 to 110 bpm is ideal for cadence and pedal-stroke work, and depending on the energy and intensity of the music, can work for high-intensity efforts as well.
- 4. HIT the Chorus:** For short, high-intensity, fun intervals, use the chorus of popular songs to surge out of the saddle and increase intensity (whether on a hill or flat road). Generally, most pop or rock songs will play the chorus three times. The third time is usually just a little bit longer than the first two. This will give you two 15- to 20-second surges, followed by a 30- to 45-second surge at the end of the song.
- 5. One Song—Multiple Recoveries:** Don't be afraid to use the same song for recovery throughout your profile. Announce your recovery song to your riders—they may even look forward to it as the profile unfolds. Another option is to use the same musical group for all of your recovery songs, such as all REM, Madonna, CCR, The Beatles, etc.
- 6. A Flavorful Playlist:** Aim to combine multiple genres in your playlists so you can satisfy the tastes of a wider segment of your class. In addition to connecting with more of your riders, using a variety of musical styles will challenge and expand your own comfort zone. We've also known many instructors who discovered the wonders of other genres they had previously thought they could never play! For a good example of this, look for the ICA profile by Tom Scotto called "Power Accelerator," where he purposely challenged himself by creating a playlist from the ICA music library that included pop, electronic, world, alternative, hip-hop, and rock music.
- 7. Insert Some Drama:** Have you ever listened to the beginning of a song and thought it was perfect, only to find that the rhythm drops out in the middle? Instead of casting this tune off the island, use the rhythmless part of the song to add some drama. Throw in some well-spaced, short affirmations such as "Power... Dedication... You are unstoppable..." Use the drama and affirmations to prepare riders for when the song kicks back in and launches them to a whole new level.