



Audio Master Class  
**The Delicious Ride**  
A Tempo Ride

## The Delicious Ride

Created by Jennifer Sage  
Training Type: Aerobic, Tempo  
Working HR Zones: Zone 3  
Total Class Length: 60 minutes

### Profile Objective and Intensity:

The goal of this ride is a high-end endurance pace, mostly on a flat road at higher cadences and primarily in the saddle, at a pace that cyclists refer to as “Tempo”. A *tempo* ride is in Zone 3, which is below threshold but still at an effort level that requires moderately hard work, deeper breathing and control of the breath. Some people hear the word “aerobic” or “endurance” and translate it to “easy”. This is not easy! It’s work!

Though the first 2/3 of the ride is on a flat road working at faster cadences, there are a few hills near the end so they will feel like they’ve encountered a variety of terrain.

This is one of my favorite rides, especially because of its simplicity and its ability to transport you into that zone that feels so good (and I must admit, the music helps me get there as well). But I realize that selling a ride like this to non-cyclists can be a challenge. As you probably guessed this is a very cycling specific ride, but that doesn’t mean non-cyclists won’t benefit enormously from this ride! We just have to sell it to them properly – and that’s one of the things I’ll be teaching you how to do.

Zone 3 is a powerful zone to train in. It has so many benefits, but there are some disadvantages as well. Zone 2 has a greater contribution from fat metabolism than Zone 3 (for many riders). For cyclists and other endurance athletes, Zone 2 is very important and should be on the weekly menu in good-sized doses (depending on the rider’s goals, events and time of year). In fact, if you are periodizing your training, and/or work with a lot of endurance athletes, it’s perfectly fine to do this ride completely in Zone 2. This is an awesome Base Training ride. (However, to get the maximum endurance benefits of that zone, riding for 75 minutes or more is suggested).

What are the disadvantages of Zone 3? Well, for cyclists who have moved into the peak phase of their training (either competition or the cycling season for non-competitive athletes), too much time in Zone 3 can actually drag down the average intensity of all rides. Some coaches refer to it as the “dead zone” or even call it the *Zone 3 Syndrome* when athletes spend too much time here. Training too much in Zone 3 for athletes creates a kind of overall mediocrity in their workouts. This is because in many instances, training at higher intensity of threshold will be more beneficial, or even some higher intensity work above threshold. But the latter will also require low intensity recovery rides in Zone 1 and 2. Zone 3 tempo rides do NOT qualify as recovery rides, but they aren’t high enough to elicit physiological adaptations of improving threshold or

performance. In other words, very active endurance athletes should limit the amount of time spent in Zone 3 during the season so they aren't too fatigued to do their Zone 4 and Zone 5 workouts. Zone 3 is more fatiguing than most people think! Take this to heart if you do ride a lot or if your students do.

That being said, for the average indoor cycling student who does not ride outside or a student who does ride occasionally on weekends, whose total volume of exercise is 1 to 3 days a week, Zone 3 is fine. For those who only ride/workout twice a week for fitness, my recommendation is one day in Zone 3 and one day of HIT (at threshold or above) will keep them very happy. They never feel like they are going "easy" and they get the best of both worlds.

I call this intensity of Zone 3 the Delicious Zone for that reason! It keeps them happy without leaving them drained, and without leaving them feel like they missed out on a great workout.

It's also *delicious* because it metabolizes a good amount of fat as a fuel source, especially for those people with enhanced aerobic systems (achieved through wise training programs), and it burns a lot of calories! Maybe not as much as a threshold ride, but probably more than many interval classes. That's because intervals use higher intensities for short periods but then also have to spend a good amount of time at lower intensities, for a lower average caloric burn overall than a Zone 3 ride.

This is part of the sizzle that you've got to sell to your students who resist endurance training or who resist riding in the saddle for longer periods! Even just calling this ride the *Delicious Ride*, and utilizing adjectives such as "tasty", "wonderful", "yummy", "tantalizing" and more, you are planting the seed, and then reinforcing it through fertilization and watering that what you are doing is really a great thing and is going to benefit your students. In a way it's almost like using covert advertising techniques that the great marketing powerhouses use to sell their products. You are using persuasive verbiage and messaging to help them believe in your "product".

Let's talk about persuading them to stay in the saddle for longer periods. You know that some students claim that riding in the saddle is boring. First of all, even though cyclists know they have to spend many hours in the saddle building their endurance, it may not be as necessary for non-cyclist students to have to stay in the saddle continuously for a seated flat for 45-60 minutes. On the other hand, the more we can teach them to love their saddles, the more they will improve across the board. I am not saying that you must stay seated the entire time, in any type of class. But helping them to learn to do anything for longer periods has its benefits, especially for those students who prefer to be distracted by a lot of changes in terrain and positions. If you can encourage them to sit longer than their usual 2 or 3 minutes before taking a break, then you have succeeded. Then when they reach that point, lead them to even longer periods.

Focusing on one position with excellent form, improving pedal stroke, controlling the heart rate, learning to be more committed, and improving concentration skills are all a part of the benefit of staying seated for longer periods. But don't worry – you'll give them options and inspire them to take responsibility for themselves. In order to help you overcome those objections from your students, my goal in this profile is to give you lots of cues, and even some "reverse psychology" to help riders understand, and perhaps finally enjoy, how staying seated for longer periods at this

intensity benefits them. A couple of these classes over a few months and you'll have them begging for endurance rides!

Of course, another benefit of this profile and intensity is that this class is accessible to all students, beginner or advanced, young or old, fit or unfit.

**Music – *The Marrakech Express***

I've done this particular tempo ride at WSSC (The World Spinning and Sports Conference) for a number of years and titled it *The Marrakech Express* because I use a collection of wonderful exotic electronic tunes that come from artists of the Middle East to Southern Spain to India. This is the playlist that I am referring to in the profile and audio recording. However, I know that some audiences may be challenged with unique music such as this, so I am also providing a second more mainstream playlist.

**The Warm-up**

I like to write my profile on a dry-erase board at the front of class. I write:

**The Delicious Ride – Yum Yum!  
A Tempo Ride in Zone 3  
The Marrakech Express  
High-end endurance!**

I'll even put a happy face next to it! ;-)

While teaching this class you want everything you say to reinforce how much you enjoy riding in this zone, and how much you realize how important it is for the body to spend time here. Note that if you don't believe that yourself, you won't sound believable! It must come from your heart – that's how you sell it to them.

As you begin your warm-up:

*You see what I've written on our ride board? **The Delicious Ride!** That's where I'm taking you today, to cycling nirvana! We're going to do a ride at a pace that cyclists refer to as a Tempo Ride. It's a high-end aerobic pace, in Zone 3. I call it the Marrakech Express because I've chosen some fantastic exotic songs to accompany you on this adventure, music that will transport you to another place and time.*

*You all know that Zone 3 is still below threshold, and is still predominantly aerobic. It's a beautifully delicious intensity that will burn a lot of calories; a good portion of those will be fat calories! Even though we'll be at an aerobic pace the entire time – don't confuse that with "easy". This will be in the intensity range of moderate to moderately hard....but not to the point of hard, and certainly not to the point of breathlessness. So the good news is while burning these calories you won't drain yourself completely.*

*Do you prefer the breathlessness? If so, then put it on your calendar to not miss my class next week when we'll do some high intensity intervals. \* But it is this intensity, and the adaptations that we are developing today, that create the platform that allow you to perform those HIT intervals.*

\* overcoming an objection before it arises. Reminding them how you always mix it up.

*This ride is all about feeling GOOD! And it really does feel GOOD. I know for myself, I actually sweat more when training in this zone than I do when doing intervals at higher intensities. So it's a very cleansing ride*

(NOTE: only say that if it's true for you – and you may actually find that it is! But if not, you can't be authentic to say that it is. Instead you can say, "many people often find that they sweat more in this zone than ....")

*Over the next four to five minutes, I'd like you to gradually raise your heart rate to Zone 2, a nice easy pace you could do all day if you had to...From there we'll increase even more, but don't get impatient, we have plenty of time to get there.*

Take them through the warm-up, suggesting they add a few heart beats every minute or so. Make sure to tell them that at no time during today's ride should they feel that burning sensation in their legs; nor should they feel that they are gasping, or even pushing out the breath.

*I want you to establish your target zone for today's ride. Take your threshold HR and subtract ten beats – that's the top of your target zone for today. Then subtract another ten beats, and that is the bottom. You're going to stay in that 10-beat range for much of the ride, except for a few breaks here and there. For those of you without a HRM, you'll ride from **moderate to moderately hard**. Always in control of your breath.*

*We'll start with some cadence surges in our warm up to gradually bring us near our target zone and prime the legs. Then we'll back off. On the third one, we'll keep the intensity there, and at first I'll let you settle into your preferred flat road cadence, just to establish where it is. Then, I'm going to ask you to pedal on average slightly faster than your preferred cadence – in other words, just outside of your comfort zone. And you should know by now that when I say "fast" I am talking about a realistic cadence – depending on your preferred cadence that will be somewhere between 90 and 100 rpm - with a real road resistance. This will not work, I repeat, this will NOT work if you simply pedal fast with no or too low resistance. You're just not going to get the benefits! You got that?*

*And then over the course of the rest of class your goal is going to be simple – keep your heart rate in that fairly narrow 10-beats target zone. I will give you a few breaks, where you can let your HR drop for a few minutes, just like we might do if we were in a group ride outside. But then we'll bring it right back up. Sound good?*

*Nothing worth doing is easy, right? So there is a definite challenge to this ride. Do I have your word you'll stay committed?*

*Great! Let's get to work!*

After your 1<sup>st</sup> warm-up song, in song #2, do some cadence surges (it's 6 minutes long – 3X1 min surges with 1-min at preferred cadence):

*Right now I want you to look at your own cadence. Hopefully it's somewhere near mine (you should be 80-90-ish rpm). This is your baseline preferred cadence. If you're much slower than me, bring it up a little so that you are not working against too much resistance right now – enough to feel the road underneath you. If you're much faster than me, you will probably have to slow it down and gear up a little. Because, we're going to increase it during the bulk of the ride, but I want you to first establish a realistic road riding cadence.*

*OK, don't touch that dial, and bring that cadence up by 5-10rpm. Somewhere that is just outside of your comfort zone. That's how you learn – to surpass your comfort zone.*

HR will rise a bit. Hold for 1 minute. Then back off.

*Now slow it down back to your preferred cadence. Good. Ride here easy for a minute. Next time we do it, if higher cadences are challenging for you, it could be because you have too much focus on your downstroke; try to turn your pedaling focus into your heel moving back or your knees coming up to the handlebars. Ready, bring it up for another minute.*

*Great job, ease it up again for a minute. These cadence surges are a fantastic way to prepare your legs and your cardiovascular system for the upcoming effort. With each one you should feel warmer, more fluid. We're going to do one more, let it bring your intensity into the floor of your target zone, but when we back off the cadence back to your preferred cadence, I want you to keep your intensity there – how do you do that? You'll have to add another gear – whatever that means for you.*

All this while you've had them in the saddle. You've snuck it up on them – but because you've kept them so focused on a task, it shouldn't matter. Now it's time to explain.

### Song #3 Mabrouk Wo Arisna

After they've ridden for a minute or so, settling into their preferred cadence on a flat road, you're going to use this 4-minute song to let them know about the structure of the remaining ride.

*So I've given you the good news. How yummy this intensity is going to taste. Now I've got even better news. First I want you to imagine that you're a cyclist and that you ask me what our ride is going to be. And I tell you, "it's flat and fast for about 35 minutes, then we'll have a few mild hills, nothing too hard, before we head home." You nod your head and smile, because that news is GREAT for a cyclist!*

*So how about you? If I tell you that we have a flat road for almost 30 minutes (because we've already been riding awhile), and that we're going to work on skills, and improving, and on relaxing and on being a better more effective indoor cyclist. And most of that will be while seated in the saddle, because that's where most of your technique improvements happen. What would you say? I'm thinking you'll say 'Jennifer – that sounds good to me! Take me where you know is best! You're the coach!'*

(and then smile at them and get their acknowledgement! You are instilling in them that you as the coach know what is best. This takes confidence on your part! You ARE the coach, so BE the coach!)

*So yeah, flat and fast and in the saddle. But always in that 10-beat target zone. Are you there now? How about we stand up for a minute to get out of the saddle and make sure you are on target with your HR.*

(Then be quiet. Stand for 1 minute, then sit back down and let them settle into this zone....wait until the next song, which is a beautiful melodic yet still energetic flat road song.)

## Song #4 Opal by Adham Shaikh

*This song is 8 minutes. If it is within your grasp, try to stay seated that entire 8 minutes, and try to find that zone that you can escape to, the zone that feels so good. If 8-minutes is too long for you to stay in the saddle, then it's ok to take responsibility for yourself and stand up for brief periods, 10-20 seconds, to take a saddle break. This ride is about you – don't let me push you to do something that you don't want to do. On the other hand, DO let me inspire you to stretch yourself, to open your mind, to exceed your own expectations of what you think you can or cannot do. Here's that inspiration: if you are not used to sitting very long, try to push your limits just a little bit farther before standing up. OK?*

*Also, I want you to increase your cadence to the top end of your flat road comfort zone, but no higher than 95 or 100 rpm. Try not to touch that dial, the resistance you've established right now, unless it takes your HR too high. I want you to be working against a gear that represents what you would feel outside. Resistance is GOOD!*

*In the process of challenging yourself to stay seated and to pedal slightly faster than what is comfortable with a true flat road resistance, I further challenge you to allow yourself to become completely engulfed into this ride, surrounded by your element. Zone In, not Out! Travel inwards, deeper into yourself, and not zone outwards, into distraction, into the exterior. Use your breath as your benchmark.*

Then when the song gets going, just sit and ride at that slightly higher cadence. Don't talk much, but definitely check in every now and then. About 3-4 minutes into it say the following (but leave space between the sentences):

*Body check. How are you doing? How is your form? Your upper body? Your head in alignment with your spine? Your arms, loose and relaxed. Shoulders down and back, away from your ears. By constantly reassessing your upper body to make sure it's not tight, that you're relaxed, you're allowing your lower body to do what it needs to do.*

(then wait a minute)

*How about the lower body? Where are your knees – are they aiming for that central third of the handlebars? Are you sitting deep in the saddle, with absolutely no bouncing? Do you feel totally in control, and ahead of your pedals? At no point should you feel like the pedals are pulling your legs around. If you do, then you might need another gear.*

*You have 3 minutes left. Pick one element of your riding form that you have a challenge with. A weakness. Maybe it's your shoulders, your knees, an inconsistent pedal stroke. Maybe maintaining that higher cadence is really tough for you. Whatever it is, that's your focus for the next 3 minutes. Everyone working on his own weakness. I'll meet you up the road in a bit.*

Again, be quiet until the song ends.

## Song # 5 Bhangra 4 Ever

Get everyone up in a jog, let their heart rate drop to zone 2. Encourage water, stretch the upper body a little bit if needed (after staying focused on the handlebars for a long time). Tell them to

refresh their minds, and get ready for the next focus challenge after this song. This song is almost 6 minutes so you have time to chat or reassess. Reinforce your “marketing message”:

*Yum! Isn't this a wonderful place to ride? It's tantalizing isn't it? Yes, that high intensity riding is fun....but can you imagine what we've done here, and we're only halfway through. All those calories you burned. It's NOT necessary to kill yourself to have a fantastic workout - don't let anyone tell you "endurance" has to be easy – they are wrong. I am soaking wet, and my legs feel that they are really working at this higher cadence. How about yours? Just so you know, contracting the leg muscles against the resistance of a real gear is what is going to improve your pedaling skills, whether you ride outside, or even if you only ever ride inside with me!*

You can bring their HR back up to the target, but go ahead and standup together for a minute or two, all the while staying in the target zone. About a minute before the song ends introduce the next segment.

*How did you handle that last segment in the saddle? Were you able to totally get lost in what you were doing, at the expense of all other distractions? Are you ready to push the envelope a little more? I want you to say to yourself – I can do anything I set my mind to. Remember, it's OK to take little breaks. It's your ride, your responsibility. If you managed to extend the time before you had to standup on the last segment, try to find it within yourself to go a little bit longer this time.*

*Are you guys ready? I've got two songs in a row, two fantastic motivating songs that will transport you to an exotic place. Let's go there together. Imagine a desert, maybe in Southern Spain surrounded by the Moorish influence, or Northern Africa on the way to Marrakech. Imagine riding in a beautiful desert, with mountains on either side of us, a couple of ancient villages cascading down those hillsides every now and then. This music will help you conjure that image! It's early morning so the heat hasn't risen yet. It's just you and your bicycle and the energy and beauty around you. The drums signify the energy around you – draw from them! I hope you're as inspired by the music as I am! I can just close my eyes and ride to the beat, always staying in control and I hope you do the same.*

*I'm going to give you a pedaling focus on this segment of road, but beyond that, I'm not going to talk much – it's 11 minutes of riding. Close your eyes if you can, stay aware of your breath, and keep these images in your head as you try to stay in the saddle as long as you can before you take break.*

Songs Gia by Despino VAndi and Sphynx by Giampiero Ponte

These two songs are exciting, energetic songs with a heavy rhythm and beat. It's almost impossible (in my opinion) not to get transported to another place by these two songs! Close your own eyes for a while (but continually peek out to make sure everyone is OK). Or walk around the room in silence while everyone else is closing their eyes. You want to be smiling, show your students how much you LOVE this intensity, this way of riding in the saddle. You want to project that you are totally at ease, and that you have the confidence to leave them alone to ride without your constant guidance. It's kind of like raising your own children – you have to



at some point let them go and be free without your constant nagging! And they have to BELIEVE that you will let them go. This is kind of what you're doing here with your students. You are building and establishing trust, and your confidence in your ability to do so should emanate from you, because they're going to read it in your body language, in your words, in your intonation, even in your silence. Trust me, this really works.

After a minute of silence, do another quiet "body check" but be brief – just check in with the head, shoulders, elbows, knees, seat in the saddle, riding relaxed. Then, after the first song (3.5 minutes), with a LOT of joy in your voice, get as excited as you are!

*Wow, isn't this delicious? Can you feel your body responding? I can see most of you just totally in your zone! Can you feel the energy of the desert surrounding you in this music? Can you feel the wind in your hair as you move this bike down this straight, flat road? We're 2/3 of the way through. This last stretch of road will lead you to the base of those distant mountains. Take a short saddle break here if you must, then reconnect with your saddle, reconnect with your pedal stroke. If you don't need to, stay seated. Re-establish your cadence, take it to just outside of your comfort zone, always pushing the limits of your ability in order to improve. For the next seven minutes, I'd like you to bring your focus to your pedal stroke. Focus on one leg at a time, and make it smooth. Every minute or so you'll change focus to the other leg, all the while maintaining rhythm, maintaining cadence, maintaining your connection to your saddle. LOVE your saddle!*

This song is almost 8 minutes. Be mostly quiet, except every minute say

*"right leg. Smooth. Round. Engaged" then "Now left. Smoother, rounder. Connected."  
"Right". "Focus"  
"Left" "connect:*

Give them time to let it sink in. Don't rush your coaching.

After a few minutes, shut up, and allow yourself to be transported by the drums in this song. I guarantee you, they will be too.

Songs # 8 and 9 Ya Rayah by Rachid Taha and Yep Yep by Radar.

As soon as the next song starts, sit up, slow down the legs and smile big! You're going to let the HR come down a bit for a brief period while you talk to them.

*Oh man, you guys are the BEST riding partners a girl (guy) can have! Thank you. And you should be very proud of yourself – that was 11 minutes at a solid aerobic heart rate, a consistent pedal stroke and cadence. Now THAT is cycling – both indoors and outdoors! THAT is commitment. Not a lot of indoor cycling students can say they can do that. You are all champions as far as I am concerned.*

(See? More marketing!) Then hesitate, sound serious and say: *And can I tell you another thing??*

(This is optional of course, but I say it to my students, and they feel really good about themselves when I do. If it's not true, then don't say it, but over time you can lead them to this point where you'll feel that you have the right to say this to your students! ☺ For those students for whom it might not be quite *as true*, it is kind of reverse psychology. You are establishing that this is the

way they *should be*, what they should strive for, in order to be a strong and fit rider, and hopefully they will start to believe that about themselves. Say the following to your students with sincerity (If you feel you cannot yet say this, make this a personal goal for your own coaching):

***I am so grateful for you all. I really am!** There are not many places in this city (State, country) where I can teach Spinning/Indoor Cycling, and where I can ask my students to sit in the saddle for as long as you have; where I can ask them to maintain that aerobic heart rate, or to engage their minds for as long as you have and stay focused without being distracted. Where I can trust that they will listen to me and do as I am coaching them to do! I know you all know by now how important this zone is, and I look out and see each and every one of you totally zoning inwards, and it makes me so happy to know that I've been able to lead you to this point! Damn you should be proud of yourselves! Are you? Even if it got a little uncomfortable at times? Yeah! That discomfort shows you that you are learning, growing. If it were easy, anyone could do it, right? You all are not JUST ANYONE!*

*Now, enough mushy stuff! Are you ready to climb! Turn a hill on, slow down the legs, and bring it back to that SAME target intensity you had on those flat roads.*

Stand up for about a minute on the climb, then sit for a minute, then if desired, alternate. Here it's not as important to stay seated. They've done such a good job up to this point, if your group really needs to get out of the saddle, then let them. For my students, I still try to encourage most of the climb in the saddle as well, with brief periods standing, but you know your own students the best. You might use more time out of the saddle as a reward.

The song Ya Rayah lends itself to a slow, harder climb. The song Yep Yep is great for a faster climb, or even jumps on a hill – but strive to stay in that 10-beat zone. There is not a lot of talking needed here. You've already led them through an amazing journey – they trust you now. A few motivational cues or reminders to stay on target with their heart rate is all you need.

As you get close to the end of the final climbing song, say:

*We have one more minute. Imagine riding up into an ancient stone hilltop village. You've seen them in pictures right? Now imagine there's a party up there, waiting for you to celebrate your ride through the desert!*

(Resist the temptation to push it or sprint...this is not the time or place. Stay aerobic, stay on target, so students don't think that every class must end on an anaerobic breathless note as so many instructors do).

You've got to say the next words with total authenticity, and as a result, even the doubtful, even the ones that struggled, will walk out of that class with a new idea implanted in their heads. And maybe, just maybe, you'll have them convinced!

*Awesome! Let's bring those heart rates down. Drink some water. And once again, pat yourself on the back! I wasn't buttering you guys up earlier when I said I really appreciate you. With a ride like this, entirely in the aerobic zone and most of the time in the saddle, I*

*feel like we've really accomplished something together. I feel like I've really had an impact on you, and you can't imagine how good that makes me feel. I also want you to remember this intensity, how wonderfully delicious it is, how tremendously tantalizing and rewarding it is. Don't ever let anyone make you think that the only way to fitness is pedal-to-the-metal as hard as you can go! (This is something you might say if there are other instructors at your club who kick their butts in every class). Because I guarantee you, if you do this with me every now and then, in combination with all the other types of classes we do – you WILL become more fit, and also you WILL have a wider range of fitness than you would if all you ever do is go hard or if all you ever do is bounce around in the saddle constantly. Not only that, you will develop concentration and commitment skills you can use in many other parts of your life. Now that's some added value, eh?!*

*Thank you, thank you, thank you! I hope you realize how incredibly grateful I am for this opportunity you have given me to coach you!*

*Who is as soaked as I am? ☺  
Shall we get off the bike and stretch!*

Cool down and stretch, and enjoy your accolades from your students! YOU deserve it!

# The Delicious Ride

## Quick Profile

Created by Jennifer Sage, Master Instructor

Training Type: Aerobic, Tempo

Working HR Zones: Zone 2-3

Total Class Length: 60 minutes

### **Warm-up – 6 minutes**

The goal for the first 35 minutes is to stay seated for most of the ride, with short saddle breaks as needed. This ride is about empowering students to take responsibility for themselves, to stay aerobic and to fine tune their form in the saddle. It's aerobic, but not easy. The 10-beat target zone is 20 beats below threshold as the floor and 10 beats below threshold as the ceiling.

The first song has 3 cadence surges to close to 100 rpm to warm up the legs, while helping them establish a real flat road resistance (so they are not pedaling too fast with too little resistance). Then throughout most of the flat segments, inspire students to work at a cadence that is slighter higher than their comfort zone, always perfecting form.

Twice during the ride you allow an intensity and mind break of a couple of minutes. Then you return to the goal.

Final two songs are climbing, mostly in the saddle, but stand as needed for your population. Reward and compliment your students often for an amazing job of staying focused and committed, and for listening to you and following your coaching!

### **Cool-down/Stretch 8 minutes**

## The Delicious Ride Playlists

### **Playlist for the Marrakech Express**

*(Note: this was my playlist for WSSC – I am giving it to you exactly as I presented it. Although most are on eMusic or other easy to find sites, some are hard to find or require a full import album purchase – see other options below)*

#### **warm-up:**

Into Morocco, Chorus of Tribes, Myth 6:06 (Amazon MP3 or album)

#### **Fast flat:**

God of Love, MIDival PunditZ, MIDival PunditZ 6:06 (eMusic)

Mabrouk Wo Arisna, Ali Hassan Kuban, Cairo to Casablanca 4:13 ([www.putumayo.com](http://www.putumayo.com) to find out where Putumayo cds are sold)

Opal, Adham Shaikh, Fusion 8:18 (eMusic. \*great song)

Bhangra 4 Ever, DJ Siddarth, Buddha Groove 5:43 *(I had no idea this song was so hard to find. Such a pity! If you can't find it via google, see other suggestions below. I suggest "You're My Heart", "Déchiré", "Arabian Dance", or "Lolai")*

Gia, Despino Fandi, Buddha Bar V – Drink (Disc 2) 3:25 *(Amazon. Buddha Bar V is one of the best of all the Buddha Bar compilations – it's expensive because it's an import, but worth it. You might be able to find them as a download via a google search.)*

Sphynx (Club Mix), Giampero Ponte, Buddha Bar V – Drink (Disc 2) 7:49 *(these last two are the highest energy in the profile)*

#### **Climb**

Ya Rayah, Rachid Taha, Cairo to Casablanca 6:14 ([www.putumayo.com](http://www.putumayo.com) to find out where these cds are sold)

Yep Yep, Radar, Nothing is Real 4:29 (Amazon – album only)

#### **Cool-down:**

Cler Achel, Tinariwen, Aman Iman, Water is Life 4:28 (eMusic)

Maroc Dance, Michael Conn, Lonely Planet Vol 1 (Also found on Globe Trekker: Original Journeys available on eMusic) 3:54

### **Other Arabic options to replace Bhangra 4 Ever or some of the others if you can't find them:**

- Egyptian Mix (Ya habaybi ya ghaybine), Oriental Angel, Darbuka Mix 3:37 (eMusic. This album also has a good version of Ya Rayah)
- Megamix (Bonus Track) Alabina, Albina The Album 5:49 (eMusic)
- Lolole (Don't Let Me Be Misunderstood), Alabina, The Very Best of Ishtar Alabina 3:42 (eMusic. Yes, this is an Arabic version of the Santa Esmerelda song)
- Alabina (Happy Mix), Alabina, Darbuka Mix 6:30 (climb)
- Arabian Dance, Oriental Angel, Orient House Party 3:35 (eMusic) \*\*Great song
- Bismillah, Sultans of Dance, Orient House Party 3:13 (eMusic, fast and fun, Hip Hop-ish)
- You're my Heart (Enta Omri), Carlos Campos & DJ Ravin, Orient House Party 3:58 (eMusic) \*\*great song
- Lolai (Charmer Mix), Alabina, Orient House Party 6:11
- Anatolian Delux (Ethnic Mix), Harem, Orient House Party 4:37
- Déchiré (Hot Breeze Mix), Harem, Orient House Party 3:53
- Ola Ola Ya Baba (Dancehall Remix), 3R, Orient House party 4:10 (Arabic Hip Hop!)
- Yalla Yalla, Ishtar, Yalla Yalla (Club Version 2007) 3:34 (eMusic - More Hip Hop)
- Marrakesh Night Market (V-Sag Remix), Loreena McKennitt, Buddha Bar XI (Amazon MP3). \*A great alternate cool-down.
- Marco Polo, Loreena McKennitt, The Book of Secrets 5:19 (Amazon, iTunes) Another great cool down alternative

## The Delicious Ride

### Alternate Playlist

**warm-up:** Isaac, Madonna, Confessions on a Dance Floor 5:59 (Amazon)

### Fast flat:

Thing of Beauty, Hothouse Flowers, Songs From the Rain 5:27 (Amazon)

Running to the Light, Runrig, Day of Days, the 30<sup>th</sup> Anniversary Concert (*Amazon - import album only. Search on Youtube to first hear this amazing song! You'll want it for sure!*)

Jessica, Alman Brothers, A Decade of Hits 1969-1979 7:29 (Amazon)

Saint Theresa, Joan Osborne, Relish 5:22 (Amazon))

It's a Sin (Disco Mix 2001 Digital Remaster), Pet Shop Boys, Actually 7:30 (Amazon MP3)

Don't Let me be Misunderstood, Santa Esmerelda, Kill Bill Vol 1 10:28 (Amazon)

### Climb

Running up that Hill (remix), Kate Bush 5:47 (*Google search will find several sources for the remix. Or use the original.*)

Krosah, E.S. Posthumus, Makara 4:50 (eMusic) (*A 'delicious' way to finish!*)

### Cool-down:

Mummer's Dance, Loreena McKennit, The Book of Secrets 6:11 (Amazon)

Heart and Shoulder, Heather Nova, Siren 3:59 (eMusic)