

Created by Carole Harrell

Objective: Theme ride, HIT

Training type: Strength/speed/endurance

Working intensity: Moderate to very hard

Length: 60 minutes

Description

This is a fast-paced ride that embodies the spirit of football. After the warm-up song, the class will play offense for two songs, then switch to defense for two songs. This will continue throughout the ride until cool-down and stretch.



This ride should be announced throughout the week so riders will be prepared mentally and physically when they enter the room on “game day.”

Encourage them to get into the spirit of the ride by wearing team jerseys, tees, headbands, etc., even if their team didn’t make it into the Super Bowl.

You are their coach, cheerleader, and referee and will be off the bike during some of the ride so you can correct form, encourage focus and hard work, and cheer them on to victory! *You’ll need a whistle (to cue them to switch from offense to defense and back again) and a paddle. One side has an “O” on it and one side of the paddle has a “D.” You’ll hold these up to give riders a visual, and to help them quickly switch pace, resistance, and mindset!*

This ride is going to be physically and mentally demanding. Remind riders that this is a team effort, and the goal when they are on offense is to outsmart the defense, gain yards, and score touchdowns. When they are on defense they need to hold the line, push the offense back into their own territory, prevent the running play, block the passing play, and create the opportunity for turnovers.

When the team is on offense they need to be **quick, explosive, focused, and creative.**

When the team is on defense they need to be **strong, explosive, focused, and unrelenting**.

A series of “time-outs” will be called by you whenever you see the need for hydration breaks, focus breaks, and short recovery breaks. They are entirely up to your discretion. Just blow your whistle and make the announcement, then get back into the game!

This is a very high-intensity ride, so make sure to offer modifications for your less fit riders, giving them permission to sit out a play and watch from the bench. Remind riders they would be wise to do an easy recovery ride the following day.

You may also want to schedule a half-time mid-way to allow additional recovery. You may need some extra time however!

Note: a few of Carole’s preferred songs are a bit hard to find, so for those tracks, we’ve included some optional tunes that can be found on iTunes and other common sources.

GAME TIME! HERE WE GO!

Warm-up

**#1: Running One (Large Mix), Run Lola Run Soundtrack, 4:09, 128 bpm
[Optional track: Switch On (feat Ryan Tedder), Paul Oakenfold, 4:05]**

Ask riders to add enough resistance to simulate a flat road and keep a moderate cadence. As the song progresses, ask them to pick up their cadence. Standing jog for the last minute.

Today we are riding as one championship football team. This ride will be physically and mentally demanding. When you are on OFFENSE your goal is to outsmart the defense, gain yards, and score touchdowns. You'll accomplish this by keeping a swift pace, accelerating and adjusting resistance when called upon to do so, and staying focused and intense. When you are on DEFENSE you will hold the line, push the defense back into their own territory, prevent the running play, block the passing play, and create the opportunity for turnovers. You'll simulate this by maintaining a consistent pace with loaded resistance the majority of the time, accelerating and adjusting resistance when called upon to do so, maintaining rhythmic breathing, and staying aggressive and focused while riding through the discomfort of loaded legs and a high heart rate.

I'll be calling a series of time-outs throughout the ride to allow you to hydrate, catch your breath, towel off, and prepare for the next effort.

Now it's time to play!

**#2: First song on offense. Setup and execution of first play.
Let's Go (feat. Ne-Yo), Calvin Harris, 3:45, 72 bpm**

Ask riders to increase their resistance to approximately 30% of their maximum resistance. The first song is seated and riders will keep a steady, quick pace. You'll ask them to add a gear after 3 minutes. Heart rates average 78% to 80% of peak.

Your legs are fresh, you have a full tank of energy, so let's go! Begin to pick up your pace; light feet on the pedals, upper body relaxed, breathing rhythmically. Begin to dial in your focus. Move into position, protecting the pocket for your quarterback; see the handoff, create a lane for the running play.

Add another gear and feel the resistance of the other teams' defense. Keep steady, ride it through.

Now decrease a gear and pick up your pace, protecting your running back as he moves steadily up the field!

**#3: Second song on offense. Setup and execution of second play.
You Spin Me Round, Dead or Alive, 6:17, 72 bpm**

Ask riders to increase their resistance slightly. Riders will be coming out of their saddles several times during this song for about 15 seconds. When they go back to the saddle they will accelerate. The first seated acceleration will be 15 seconds. After this initial effort they will repeat the standing surge for 15 seconds. Five seconds will be added to each seated acceleration until the end of the song. Intensity will reach threshold (hard) during the song, but this effort will be rewarded with a touchdown!

As an offensive player, you must be agile, quick, and nimble! Now it's time for a passing play. Think about getting downfield quickly without getting blocked or tackled. The ball will eventually find its way into your hands, so stay focused.

Intensity is high, the crowd is hushed, and you hear the audible...now get downfield and shake that defender off your back. (Have them stand.) Keep your balance while you spin round; keep your feet under you and move!

(As you continue to drive) Listen for my cues and stay efficient...let's get some points on the scoreboard!

(On the final surge) All right!! Touchdown! (And extra point!)

Us: 7

Them: 0

**#4: First song on defense. Setup and execution of first play.
Kernkraft 400 (Sport Chant Stadium Remix EP), Zombie Nation, 5:31, 80 bpm**

Ask riders to increase their resistance to approximately 55% of maximum resistance. They'll be riding seated, at tempo, until the chants in the song. During the chants they'll explode out of the saddle and accelerate until the chant is done.

When they return to the saddle they'll go back to matching pace with tempo. These standing accelerations will increase effort to above threshold.

It's time to switch your mindset to the defense. You are big. You are strong. You are powerful (and you can pretty much eat everyone under the table and say it's part of your job!).

Get up to the line, look their players in the eye, and silently let them know they're not going to step a foot in your territory. Add resistance until you feel that cushion under your pedals (about 55% of maximum resistance).

Match your pace to the tempo of this song. We'll be standing and accelerating during the chant. That's when you wreak havoc on the offense, so give that standing acceleration all of your power and speed! After the chant is done you'll return to the saddle at tempo to grind it out.

Now hold 'em! Beat 'em! Be unrelenting!

**#5: Second song on defense. Setup and execution of second play.
If You Want Blood (You've Got it), AC/DC, 4:37, 72 bpm**

Ask riders to stay at 55% of their maximum resistance and match the tempo of the song, riding steady through the entire song. After each chorus ask them to add enough resistance to feel a small change. During the bridge they may come out of the saddle briefly, then it's down to grind it out to the end of the song. Heart rates stay high and effort is at a very intense level. Keep them focused and encouraged throughout the song. Reward them at the end by letting them know that they stopped the offense at fourth down and the ball has been punted. Time to get back on offense now!

Their offense hasn't gained enough yardage yet, thanks to your effort on the line! It's third down and there still is a lot of work to do.

Vince Lombardi once said that the difference between a successful person and others is not the lack of strength, not the lack of knowledge, but rather a lack of will. So keep your focus sharp and your willpower to succeed in the front of your mind as you move through this song. Your pace is steady, powerful, and matches the tempo of the music.

I'll let you know when you can stand and take a brief saddle break. Keep guttin' it out; find rhythm to your breathing and stay in your body. Feel what you feel and use your discomfort to motivate you to ride as efficiently as possible.

Just 1 more minute to go. You're holding them! Fourth down! They have to punt. Fantastic job, defense!

Now take that resistance off, grab some water, and get ready to switch to offense.

**#6: Back to offense. First song. Setup and execution of first play.
Push It (Wick-it Remix), Salt-N-Pepa, 2:46, 80 bpm**

Begin with moderate resistance. Have them establish a swift pace throughout the song. While seated they will be above the song tempo; when standing, cadence can slow down to tempo. They'll begin seated for 30 seconds, stand for 15, sit for 45, then stand at that very swift pace until the song ends. Intensity will rise to above threshold.

Well, here we are again, at our 20-yard line with the ball. During the first song there will be a series of passing plays, so stay alert, fast, and focused. We'll stay seated for just a few more seconds, then get ready to stand for 30 seconds.

Good work! Way to get a first down! Yeah, the crowd's going crazy, but get ready for the second push.

Stand up again (make sure resistance is sufficient to support your standing weight)...when I count it down come back onto the saddle and keep up the intensity and fast pace!

Yeah! Another first down!

Come out of the saddle and keep your quickest standing cadence until this song is over....in three, two, one! Great effort! Time for some Gatorade and a deep breath to refocus!

**#7: Second song on offense. Setup and execution of second play.
Unconditionally (Running Mix), (In the style of Katy Perry), Workout Remix
Factory, 4:27, 128 bpm**

The resistance should feel challenging, but they will be able to establish and maintain a very swift pace. They will remain seated during this song. Cue them to surge and maintain that quicker pace for 20 seconds every 40 seconds of the song. They will repeat this 20/40 interval until the end of the song. Heart rates average 80% of peak.

Since Katy Perry is performing at halftime this year we're paying homage to her by including this song. Think of the term "unconditional" as you ride. No conditions, no boundaries, no judgment. You are giving this ride your all; you're pushing through; you're getting stronger, faster, and more fit every time you sit your butt on a bike, every time you come to class, every time you decide to make yourself a priority. So ride this song like you mean it.

Your team is counting on you to perform at an elite level. Your body is counting on you to reach the next level of fitness.

We've gained substantial yards, made a couple of first downs, come closer to the end zone, now it's time for a field goal. Three more points!

Time to switch back to defense!

Us: 10

Them: 0

#8: Back to defense. First song. Setup and execution of first play.

Another One Bites Da Funk (Daft Punk vs. Queen), Mash-Up, 3:59, 120 bpm

Ask riders to bring resistance up to 55% of max. They will find a rhythmic tempo that will allow them to create power while allowing them to maintain rhythmic breathing. After every chorus ask them to add a bit more resistance while maintaining the same rhythm. Let them know they can take saddle breaks if necessary, but ask them not to break the rhythm. Heart rates will be at or slightly above threshold by the time the song is over.

Once again, it's time to stop the running game and break up the passing game. Your resistance is high, your pace is steady, and you'll be maintaining your pace while adding small amounts of resistance when I cue you. Feel free to take saddle breaks when you need to, but hold your focus and work at a high level of effort. You'll feel the intensity in your legs and lungs, but your tank isn't empty

yet. Dig down deep and continue to work at a high level of effort. The payoff will be worth it!

As Gale Sayers once said, "I learned that if you want to make it bad enough, no matter how bad it is, you can make it."

#9: Second song on defense. Setup and execution of second play.

My Songs Know What You Did In The Dark (Light 'Em Up) [The Stelmix Extended Edit v2] [No Lil Wayne], Fall Out Boy, 4:06, 80 bpm

[If you can't find this mix, use the original: My Songs Know What You Did In The Dark (Light 'Em Up), Fall Out Boy, 3:06]

Ask riders to hold their resistance at 60% of their maximum. They'll keep rhythm with the tempo of the song until the chorus, then they'll explode out of their seats and press their pace through the chorus, returning to their seats and the rhythm of the song until the next chorus. They may very well reach peak heart rate during this song.

The other team is gaining some ground so you need to be very vigilant. You'll maintain a high level of effort during the next 4 minutes. Give it your all. I'll cue you when to amp up the intensity by coming out of the saddle while holding this resistance level until I count you down and you're back on the saddle at tempo again. This will help to push them back and break up their offense! Try to create a turnover now!

That was a fantastic effort, team! We held them to a field goal!

Us: 10

Them: 3

#10: Back to offense. First song. Setup and execution of first play.

Back 2 Skool, The Prodigy, 5:02, 120 bpm

Ask riders to dial their resistance to 30% of their maximum. They'll be doing a subtract/add drill. They'll begin seated for 60 seconds, then out of the saddle for 30 seconds, seated again for 45 seconds, standing for 45, back on the saddle for 30, out of the saddle for 60, then back on the saddle until the end of the song. Ask them to keep a swift and intense pace throughout the song. Focus and form are very important. Your encouragement is critical and it would be best if you were off

your bike and circulating the floor, connecting with each rider as they go through this challenging effort.

It's time for the pass rush and the no-huddle offense, our secret weapon. We're going to keep the ball moving down the field and we'll take advantage of their tired defense! Just listen to my cues. Stay quick and efficient as you transition in and out of the saddle! Keep your focus on the prize...winning the Super Bowl!

Cue them through the alternating seated/standing efforts as outlined above.

#11: Second song on offense. Setup and execution of second song.

Unafraid [Paul Oakenfold Mix], [Swordfish: The Album], Jan Johnston, 5:20, 112 bpm

[Optional Track: Thunderstruck, AC/DC, The Collection, 4:52]

The challenge of this song is to keep a very swift pace throughout it (100 rpm or above). At the 90-second mark, ask them to add a gear while maintaining the same pace. Ask them to hold their rhythm all the way to the end of the song.

We've made some first downs, but we've been pushed back, too. It's time to grind it out on the field. The minutes are winding down and it would be nice to get another touchdown on the board! Let's use the game clock wisely. We have just a few minutes to go. Keep riding your best. Keep breathing. Keep fighting. Keep working.

Look for the strongest legs in the room and match them. Use every drop of collective energy in the room to your advantage. We're doing this together. Shrug off any discomfort you may be feeling. Refuse to get distracted, but instead dive deeper into absolute focus. We have no boundaries. Elevate yourself to greatness now!

#12: Back to defense. Setup and execution of first song.

Watch Me Shine, S.H.E., 3:17, 60 bpm

Ask riders to come out of the saddle for a standing climb at a fairly heavy resistance for the whole song, keeping tempo with the rhythm of the song (60 rpm). They need to keep producing power all the way through the song while in a standing climb.

The game is almost over. You can almost feel the trophy in your hands and the weight of the Super Bowl ring on your finger, but we're not done yet! We cannot give them any advantage to run down the field and score a touchdown. So stay focused. Stay strong. Be a wall of power that presses against them until they buckle and fold.

No team that makes it to this level of play is unworthy, but our team is better. Keep that in the forefront of your mind. We are invincible! We will see this through to the end!

**#13: Last play on defense. Setup and execution.
Pushin Forward Back, Temple of the Dog, 3:35, 108 bpm**

Remain at high resistance to begin, then every 30 seconds remove a gear and increase pace accordingly. They are understandably exhausted at this point, so your coaching is critical to help them keep at a high level of performance until the end of this song. They will stay in the saddle until the last 40 seconds of the song, where they will come out of the saddle to simulate running downfield to score a touchdown on an interception.

This is it. The other team is very close to the red zone and they still have time on the clock to kick a field goal or (heaven forbid) run it in for a touchdown and tie the game. Whatever you do, keep your eye on the ball. See if you can capitalize on any bobble, any chink in their armor.

No room for error. No time for a penalty. Keep a very swift pace, and as we move through this song you'll be removing resistance one gear at a time.

Here's your opportunity! Stay in front of your opponent now and keep your eye on the ball. Long pass...you've caught it! Turn and run! You've got 70 yards to go! Keep moving and hold onto that ball! The end zone is right in front of you... TOUCHDOWN!! The field goal is just the frosting on the cake. Do your dance and get ready to be swarmed by the team. You've won! Great effort to all of you!

As Tom Landry once said, "Football is an incredible game. Sometimes it's so incredible, it's unbelievable."

Us: 17
Them: 3

#14: Cool-down and Stretch

Hope [Dukes Mix], Shaggy, 4:04, 100 bpm

At this time you might want to high-five every rider. It's a good time to hand out swag if you've brought anything—Mardi Gras beads in team colors, etc.

#15: Outro song

Under Pressure, Queen, 4:06, 100 bpm

Song Sources

Track #1: Running One (Large Mix), Run Lola Run Soundtrack, 4:09
(Hard to find)

Optional Track: Switch On (feat Ryan Tedder), Paul Oakenfold, A Lively Mind, 4:05
(Itunes)

Track #2: Let's Go (feat. Ne-Yo), Calvin Harris, 18 Months, 3:45
(Itunes)

Track #3: You Spin Me Round (Like a Record), Dead or Alive, Rip It Up, 4:27
(Itunes)

Track #4: Kernkraft 400 (Sport Chant Stadium Remix EP), Zombie Nation, Kerncraft 400 EP, 5:31
(Itunes)

Track #5: If You Want Blood (You've Got it), AC/DC, Highway to Hell, 4:37
(Itunes)

Track #6: Push It (Wick-it Remix), Salt-N-Pepa, Free Music Remix, 2:46, 80 bpm
(See ICA profile page for free download link)

Track #7: Unconditionally (Running Mix), Workout Remix Factory, 50 Bit Hits! Running Workout 2014, 4:27
(Itunes)

Track #8: Another One Bites Da Funk (Daft Punk vs. Queen), Free Music/Mash-Up, 3:59
(See ICA profile page for free download link)

Track #9: My Songs Know What You Did In The Dark (Light 'Em Up), Fall Out Boy, Save Rock and Roll, 3:06
(Itunes)

Track #10: Back 2 Skool, The Prodigy, The Law The Singles 1990–2005, 5:02
(Itunes)

Track #11: Unafraid [Paul Oakenfold Mix] [Swordfish: The Album], Paul Oakenfold, 5:20
(Hard to find)

Optional Track: Thunderstruck, AC/DC, The Collection, 4:52
(Itunes)

Track #12: Watch Me Shine, S.H.E., Genesis, 3:17
(Itunes)

Track #13: Pushin Forward Back, Temple of the Dog, Temple of the Dog, 3:35
(Itunes)

Track #14: Hope (Dukes Mix), Shaggy, Hotshot Ultramix, 4:04
(Itunes)

Track #15: Under Pressure, Queen, The Platinum Collections, 4:06
(Itunes)