



Master Class EDM Muscle Madness

Created by Tom Scotto, ICA Master Instructor
Training Type: Muscular Strength
Working HR Zones: Zones 4–5
Total Class Length: 60 minutes

Profile Objective and Intensity:

To vehemently defy the cycling cardio gods with a dance of strength. Think of performing 1260 single leg squats; this profile requires no imagination. Add as much resistance as you can at 64 rpm for 0:30 to 1:45 for 22 strength intervals. The shorter intervals target Zone 4 while those a minute or greater target Zone 5.

Countdown and Time Checks

Besides inspirational cues, providing time checks and a countdown can help carry your riders strongly through an interval. Here is an example of time checks and counting down a 60-second interval:

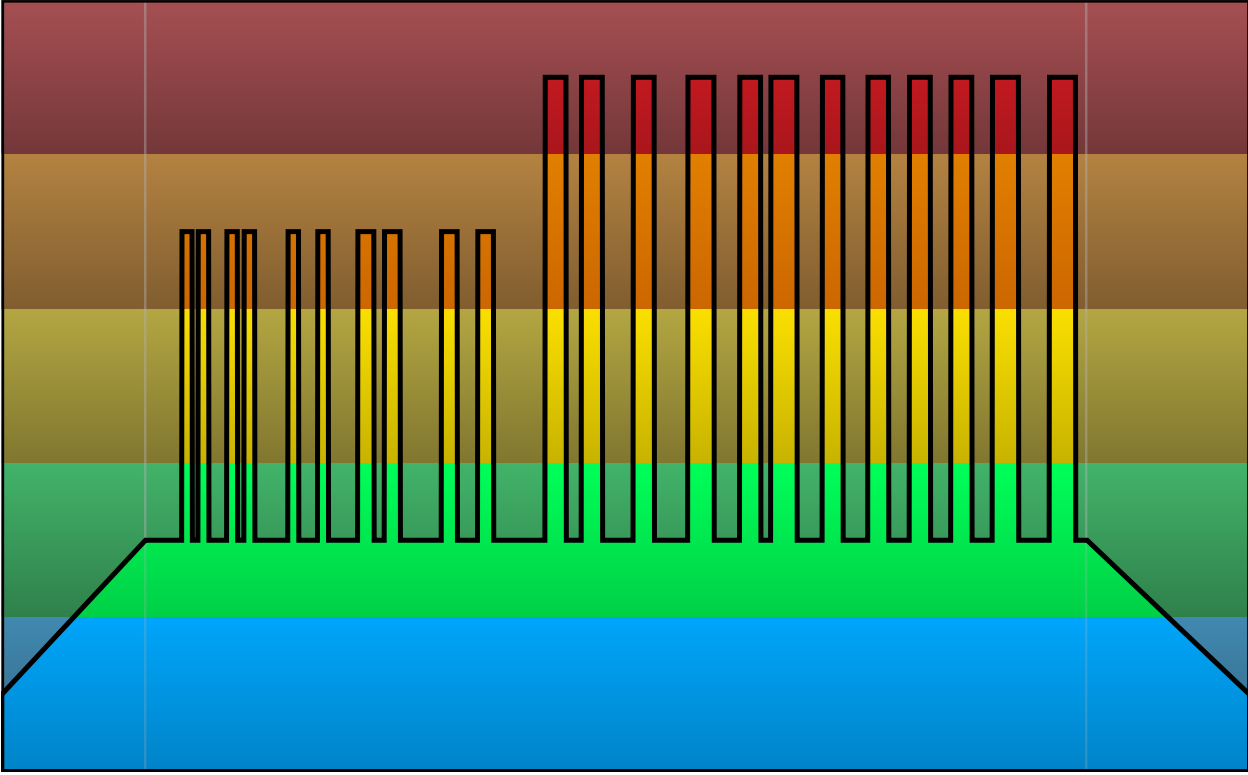
*“Set your cadence as close to X rpm as you are able. You have 60 seconds to sustain what you’ve started! 45 seconds to go! 30 seconds! 20 seconds! 15 seconds! 10!
4...3...2...1...”*

The Music

The mention of “dance of strength” was not just a fun euphemism; get ready to bring your bike and legs on the dance floor with some powerful EDM (electronic dance music). The songs have powerful drops (look it up), are instrumental, and contain just a sprinkling of lyrics here and there.

Bring on the light show...and a leg massage.

Graphic Profile
(Provided by Class Builder™)



Coaching

Intro / Warm-Up

Rise and Shine, Open System, 6:57, 100 bpm

Regardless of whether you explain the profile before or after your preflight banter, your riders will be very scared and simultaneously excited. Encourage them to listen to their bodies, particularly their legs. This workout places a good amount of stress on the lower back, hips, knees, ankles, and feet. However, if they adhere to proper form and technique, the stress will be beneficial and not harmful.

I recommend “warning” your class about the music. Some will love the energy of the music, some will not care, while others may dislike the overindulgence of electronic pulsing. Knowing is half the battle.

As always, relaxation, alignment, technique, and working within one’s limits should be emphasized.

If you are looking for a cardio workout, I hope you ran to class, because this ride is a full-on assault on your legs.

Imagine how you would feel after performing 1260 single-leg squats. Great—we are going to perform the equivalent of 1260 single-leg squats during this ride. You can then compare your imagination to reality when we are done.

We will be performing 22 strength intervals of varying length from 30 seconds to 75 seconds. The target intensity is Zone 4 for intervals shorter than 60 seconds and Zone 5 for those 60 seconds and greater.

Please focus on your form and technique and obey your body. If you have injuries or concern over placing a large amount of stress on your leg muscles and joints, simply do what you are able. Do not push through pain.

As with any interval class, your goal is quality, NOT quantity. If you do not feel you can perform an interval to your best ability, skip it and recover until you can.

Recovery between intervals will vary between 15 seconds and 2.5 minutes. This may seem like more time than needed, but that is just crazy talk. If you believe there is too much recovery, you are simply not working hard enough.

Since this ride is called EDM Muscle Madness, we are going to be using electronic dance music (EDM) to aid our internal motivation. You have a choice: if you like electronic dance music, power on; if you do not, direct your anger about my music selection into the pedals and power on.

Wake Up Legs**Incredible—Original Mix, Carnage, Borgore, 6:16, 64 bpm**

We are going to start by waking up the legs with four short, 30-second seated strength intervals.

The target intensity for each is Zone 4, but we are going to work up to it. Do not attempt to slam your body into high gear from the start. Let your legs adapt to the force gradually.

If you are using the power meter, let's start observing the amount of work each of these intervals requires. I do mean observe. This is an exploration; we will learn as we go.

Relax as much as you can between each effort. Standing is a great way to stretch and lengthen the leg muscles, but it is only effective if it does not raise your heart rate too much.

Recover as much as possible in order to ride as hard as possible.

INTERVAL TIMING:

1. 1:44 – 2:14 (30 sec) – Recover 0:15
2. 2:32 – 3:02 (30 sec) – Recover 0:50
3. 3:55 – 4:25 (30 sec) – Recover 0:20
4. 4:45 – 5:15 (30 sec) – Recover 1:30

More Power**Thunder—Radio Mix, W&W, 2:51, 64 bpm**

I want you to venture out of your comfort zone for these next two intervals.

If you pushed fairly hard during the last four efforts, only try to increase your intensity by a small amount. No more than 10–20 watts if you are observing power.

You will receive 1 minute of recovery between the next two intervals and then 1:30 before we move into the next setup.

As you begin increasing the amount of force on your legs, your upper body will feel the need to respond. If your upper body tenses up during each interval, place a greater focus on relaxation. Refuse to muscle the bike and pull on the handlebars in an attempt to gain power. Relax to the point that you feel heavier in the seat. This will keep your hips loose and unhindered.

INTERVAL TIMING:

5. 0:37 – 1:06 (30 sec) – Recover 1:00
6. 2:03 – 2:32 (30 sec) – Recover 1:30

Longer & Stronger**Tsunami, Dvbbs, Borgeous, 3:57, 64 bpm**

Now that we have pushed the strength limit of our legs, it is time to increase the duration of each interval.

Adding 15 seconds may not seem like much, but it results in another 15 pedal strokes on legs that are already near their edge.

Pay closer attention to your form during each interval and particularly during the last 15 seconds. This is when the body may sense impending failure and deviate from what is best in order to survive.

You will only have 30 seconds to recover after the next interval, but 2 minutes before the next set.

At this point in the workout, consider if skipping an interval is in your best interest. Trying to do every interval is less effective if each is not performed to the best of your ability and strength.

INTERVAL TIMING:

7. 1:16 – 2:01 (45 sec) – Recover 0:30
8. 2:34 – 3:19 (45 sec) – Recover 2:00

Even Stronger**The Beast (Original Mix), Albin Myers, 5:03, 64 bpm**

Just as we attempted to increase our power during the 30-second intervals, we are going to do the same for the next two 45-second strength intervals.

You will be given 1 minute to recover after the first and then 2:30 to recover after the second.

We are slowly pushing toward our goal of 1 minute. As I said in the beginning, this is a learning process. It is easy to push harder in the first few seconds, and then die a slow death in the second half.

The goal is determining the maximum amount of power (or amount of resistance) you can sustain steadily for 60 seconds...

...while maintaining good form. ☺

INTERVAL TIMING:

9. 1:29 – 2:15 (45 sec) – Recover 1:00
10. 3:14 – 4:00 (45 sec) – Recover 2:30

Power 60**Power Glove, Knife Party, 4:21, 64 bpm**

We have arrived at our goal duration—1 minute!

If you have managed to remain in Zone 4 during the shorter intervals, I want to urge you to push into Zone 5 for each of the remaining efforts.

The learning and exploration have not stopped. In fact, you will continue to learn at a much more uncomfortable rate.

Crush every interval. If you are not able to crush it (bravado talk for giving it your all), skip the interval.

Zone 5 Legs / Zone 4 Lungs! Yes, this is an interesting observation. If you are doing this workout as written, you will notice that your legs are busting at their limit, yet your lungs have a little more to give.

If asked the question “Which is going to fail first, your legs or lungs?” during the last 15 seconds of each interval, your answer should be “My legs!”

INTERVAL TIMING:

- 11. 1:30 – 2:30 (60 sec) – Recover 0:45
- 12. 3:15 – 4:15 (60 sec) – Recover 1:30

Test the Limit**Zeus—Original Mix, John Dahlbäck, 5:26, 64 bpm**

Goals and limits are inherently designed to be tested.

It may seem cruel to set a goal of 1 minute and then inform you that we are going to push beyond that duration. Why would we do such a thing? The goal is to bring you to failure at 60 seconds. If we can still turn the pedals after 60 seconds, like for another 15 seconds, the only conclusion is that more force/resistance can be added.

If you accept the rationale for my cruelty, please only add a small amount of resistance or try to increase your power by 10–20 watts to test your limit.

All tough talk aside, it is more critical now than ever to listen to your body. We have already performed twelve intense strength intervals. Your legs should be tired; they should be angry at me. Challenge yourself, but remain aware of the cost your body is paying.

INTERVAL TIMING:

- 13. 1:30 – 2:30 (60 sec) – Recover 1:30
- 14. 4:06 – 5:21 (75 sec) – Recover 1:20

Standing Strength**Emergency, Pegboard Nerds, 4:13, 64 bpm**

If you didn't feel the grip of muscle failure take hold during the last interval, another 60-second effort awaits and exploration continues!

You most certainly have come to the realization that although your lungs are not on holiday during these challenging efforts, the stress on your legs far overshadows all.

Power drop, anyone? As the body fatigues, power may begin to drop. It can be tempting to increase your leg speed to increase power. Power-mongers and outdoor cyclists (who use power meters) alike are repulsed by lower than normal power output. The purpose of this workout is NOT to generate as much power as possible, but rather to place heavy stress on the legs to develop strength. Think of this ride like weight training for the legs—minus the weights, of course.

Power Drop and Heart Rate Launch? If you are wearing a heart rate monitor, you may notice that your heart rate increases with the passing of each interval, while your power either stays the same or decreases. Don't panic, but rather take notice of how a high heart rate does not always indicate a high level of work (power) being accomplished. Heart rate reflects the cost of the work being done. As your body fatigues or resources wane, the cardiovascular stress may increase to match the demand. Observe and learn your body's response.

During the second interval in this set (#16), we are going to attempt to stand during the last 15 seconds.

Does standing relieve some of the stress on the legs?

How does standing affect your heart rate and breathing?

Are you able to handle more resistance when standing?

INTERVAL TIMING:

15. 1:16 – 2:17 (60 sec) – Recover 0:30

16. 2:46 – 3:47 Stand – 4:01 (60+15 sec) – Recover 1:25

Forced Out**Sentinel, Noisestorm, 5:28, 66 bpm**

If your legs felt some relief when standing during the last 15 seconds, during the next two intervals, attempt to add resistance before coming out of the saddle.

If your heart rate moved into the danger zone during the last 15 seconds, keep the same amount of resistance before standing.

Of course, you always have the option to remain in the saddle and continue to achieve your best 60-second interval possible.

If you are really in the mood to test your limits, attempt to add enough resistance so that you are forced to stand. In another words, do not stand because I'm asking you to; stand because you are no longer able to maintain your cadence or handle the resistance seated.

INTERVAL TIMING:

17. 1:13 – 1:43 Stand – 2:12 (45+15 sec) – Recover 1:15

18. 3:27 – 4:11 Stand – 4:25 (45+15 sec) – Recover 2:00

Overload**War, Astronaut, Far Too Loud, 4:10, 64 bpm**

Cruelty continues. You should expect nothing less from me. We are going to switch things up for the next two intervals. Each will start standing and end seated. We will sit for the last 15 seconds of the first interval and last 30 of the second.

Just as before, the goal is to stand because you are forced to. Then we will endure it all when it is time to hit the seat and sustain what was started.

Another interesting observation will be made if you are doing these as prescribed: pedaling seated should be harder than standing.

We are going to attempt to overload the muscles. Failure is expected. Good form is demanded.

You should be highly fatigued at this point in our ride. There is no shame in skipping an interval or choosing another option. If sitting places too much stress on your muscles or joints, or causes your form to falter, remain standing for the entire interval.

Power check: How much power are you able to generate as we approach the end of the workout?

INTERVAL TIMING:

19. 1:00 – 1:44 Sit – 2:00 (60 sec) – Recover 1:00

20. 3:00 – 3:29 Sit – 4:00 (60 sec) – Recover 1:00

Brutality**Step Up (Feat. Whizzkid), Stonebank, Whizzkid, 5:34, 64 bpm**

Everyone loves a grand finale!

If your legs are appropriately toasted, just focus on form and back off the resistance. Forcing your body to do what it is unable to do will only put you at risk of injury.

The first interval we start seated for 30 seconds, FORCE ourselves to stand for 15 seconds, and return to the saddle for the last 30 seconds of torture.

The second interval we start seated for 30 seconds, FORCE ourselves to stand for 15 seconds, and return to the saddle for a final minute of brutality.

Form is paramount during these last two intervals because we will be working in and out of the saddle under load. Do NOT pull yourself out off the seat in order to stand. Your legs must lift you from the saddle.

There is zero room for ego at this point in the ride. Either you can perform these intervals with proper form or you should not do them at all.

If you are feeling tired and want to end strong, skip the first interval for additional recovery and obliterate the last one.

INTERVAL TIMING:

21. 0:59 – 1:30 Stand – 1:45 Sit – 2:15 (30+15+30 sec) – Recover 1:15

22. 3:34 – 4:15 Stand – 4:30 Sit – 5:30 (30+15+60 sec) – Done

Cool-Down / Stretch**Brother, Cell, 7:50, 80 bpm****Final Thoughts:**

It is common for profiles that push the limit to draw attention to a rider's bike setup. Encourage riders to speak to you if they have questions about their setup, power (if you have meters in your class), or any pains or discomfort they may have experienced during the ride.

A ride like this can push you to your limit regardless of the power you were able to obtain. Never be discouraged. Take what you have observed and learned and apply it to make your next class or workout more effective.

The most important thing you can do after a ride like this is take care of your body. This includes hydration, refueling, stretching, and recovery. If you need to skip your next workout to recover further, consider that a training medal of honor.

Music Profile

Section	Music	BPM	Time
Intro / Warm-Up	Rise and Shine, Open System	100	6:57
Wake Up Legs	Incredible—Original Mix, Carnage, Borgore	64	6:16
More Power	Thunder—Radio Mix, W&W	64	2:51
Longer & Stronger	Tsunami, Dvbbs, Borgeous	64	3:57
Even Stronger	The Beast (Original Mix), Albin Myers	64	5:03
Power 60	Power Glove, Knife Party	64	4:21
Push the Limit	Zeus—Original Mix, John Dahlbäck	60	5:26
Strength To Stand	Emergency, Pegboard Nerds	64	4:13
Forced Out	Sentinel, Noisestorm	66	5:28
Overload	War, Astronaut, Far Too Loud	64	4:10
Brutality	Step Up (Feat. Whizzkid), Stonebank, Whizzkid	64	5:34
Cool-Down / Stretch	Brother, Cell	80	7:50