

Created by Billy Coburn, Star 3 SPINNING® Instructor  
Training Type: Theme Ride / Interval  
Working HR Zones: Zones 3–5  
Total Class Length: 45 minutes

### **Profile Objective and Intensity**

This profile is made up of “class periods” broken into 5-minute intervals, with 2-minute “class breaks” between each interval. The primary objective of this ride is to help train your riders to put out the same average power/exertion for each 5-minute interval as the cadence continues to drop. And just like real school, the class clown has caused “detention” for the entire class—just when they thought the day was over! That detention will appear as a final 3-minute, very hard interval.



I put this ride together one afternoon while perusing through all of the Facebook feeds showing ‘Julie or Johnny in their first day of school best’ — with their placards in hand announcing what grade they were off to tackle. ICA’s Jennifer Sage had already given us an extensive list of theme music related to *Back to School*, so I decided to poke some fun and give it a shot. The end result was quite surprising and super fun for not only my riders, but for me as well. Plus, it was an intense workout. I was fortunate; it was raining the day I did this ride, which made for additional great school memory sharing.

The ride is designed as a very simple structure. After the warm-up, the “School Day” follows an interval formula with descending cadences.

The School Day: Four, 5-minute intervals (Class Periods) with 2-minute recoveries. For a longer class, simply add more “class periods”.

Each interval followed this format:

- a. Minutes 1 & 2: set the rpm, to maintain Zone 3 exertion. Keep riders in the saddle, and hold the determined speed.
- b. Minutes 3 & 4: raise the energy output to Zone 4 exertion. This can be done by either increasing the resistance, and/or having riders lift up out of the saddle into a challenging standing position. If needed, allow riders to reduce their cadence out of the saddle to fit their abilities.
- c. Minute 5: we’re going up to Zone 5! Get your riders to their upper limits of their breathing while maintaining good connectivity with their bike. The idea is to mimic a classroom setting, where they are running out of time to “accomplish” all of their work, so we go on the attack! We’re desperate to get finished! Work your riders with increased resistance/attacks out of the saddle, keeping in mind you only have 60-seconds to do so. Encourage your riders to shoot for the same pace when they come up off their bike, always adding enough resistance to support the effort. The cadence will slow down as the intervals progress.

I've included my musical selections, but the profile is easily adaptable for your own choices. Simply select 5 minutes of music per interval, gradually decreasing in bpm from the first through the final interval.

**NOTE:** I edit my music selections based on the appropriateness and the timing of the section of the song(s) I select. I may edit out the beginning, or only take a slice of a song. I know this is not necessarily how all instructors plan their rides, but I find it increases the momentum of the ride to eliminate unnecessary verses, instrumental sections and/or drawn out introductions or song endings.

So, in my music selections listed below, when you see for example, :23–3:00 for a song length, it means I have edited the song by cutting out the first 23 seconds, and ending it when I needed to. I set my iTunes playback preferences to include a 6-second cross-fade between songs to help maintain a continuous flow.

You can choose to use the songs as they are, or find one or two songs to fit into the 5-minute format. Make sure to check out the ICA Back to School Playlist with almost 100 song ideas.

While I didn't lean heavily on "school themed" music, I did use the 2-minute classroom breaks (recoveries) to share some of my favorite poignant moments growing up as a child. You will have fun sharing some of your own impactful memories from your childhood, or the antics of your own school-aged children if you prefer. Below are some of the stories I told:

- 1<sup>st</sup> Grade: I had a significant playground experience, when an African-American child got off the teeter-totter and gave it to me, the little white boy from a very prejudiced home. It is one of the very few memories I have from 1st grade, but shows so much about the conditioning of children. His actions said to me at a very early age, "Hey, this kid is not like what I've been told! He's amazing! *He gave me his seat on the teeter-totter!*"
- 4<sup>th</sup> Grade: Recess was cancelled due to rain, and while Ms. Roper, my un-favorite math teacher was smoking in the teacher's lounge, I came up with a brilliant idea: to make a haunted house in the classroom. I was the visionary, but not the general contractor of all that happened within the next 20 minutes. Not only could they smoke in the teacher's lounge, but they could also use a plywood paddle with holes drilled in it for aero dynamics! Some times it does not pay to be the visionary leader.
- 7<sup>th</sup> Grade: There was a St Bernard puppy one time...she simply followed me home from school. (She had to of course, because I carried her the whole way!)
- And the thousands of times I had to write out, "*I will not talk in the classroom.*"

Sharing fun (and serious!) personal memories with your class will help them feel much more connected to you as their leader. Be brave...let them know something about you they would have never expected! Your vulnerability will increase their willingness to trust you to take them beyond their own limits.

**Intro / Warm-Up*****Stop the Rain (Nishin Verdiano Remix), Rocket Pimp, 0:30 – 4:00, 110 bpm***

Introduce the theme. Set your class tone with light resistance on the bikes to begin engaging their bodies. I immediately set a humorous tone relating the reasons behind this theme. I began by building on the hundreds of Facebook posts we had all seen at the end of summer.

Note: most of my riders do not have children. Dogs, but not kids, so sarcasm worked well for most of us. If your riders have children in school, they will all feel connected to each other, hopefully feeling safe to share their own sense of relief and/or despair that their kids are back in school. Regardless of whether your riders are parents or not, everyone has memories of their own grade school!

The following questions are fun to throw out during your warm-up and recoveries. But don't get too involved...remember, you've got (school) work to do! (Warning...you may get stuck after class continuing this fun conversation with your riders. It may that you all decide to meet up for a cup of coffee to continue to reminisce!)

1. *Favorite grade you attended?*
2. *Best subject? Worst subject?*
3. *Would you repeat your childhood school days?*
4. *Would you do high school again?*
5. *Were you ever known as the teacher's pet?*
6. *Who was the first boy/girl you "went steady" with? Or kissed? Whatever happened to them?*
7. *Did you win any awards? Class clown? Most likely to succeed? Best/worst-dressed?*
8. *Or did you have to wear a uniform?*
9. *Have you gone to any 10-year, 20-year, 30-year high school reunions?*

**Warm-Up (continued)*****High School Never Ends, Bowling for Soup, 0:00 – 3:30, 80 bpm***

As you continue to raise your riders into the thick of Zone 3, listen to the lyrics. They will speak for themselves! This is a GREAT TUNE! (Lyrics are posted at the end of this profile).

**Time for your day to begin! (Sound effect)*****School Bell, Pro Sound Effects Library, 0:10***

Use this sound effect (or any other you choose to download) to symbolize the starting of their first day back to school!

**1<sup>st</sup> Period/ Interval #1*****Animals (Ice Cream Remix), Maroon 5, 0:23 – 2:30, 100 bpm******Beats Knockin (feat. Fly Boi Keno), Skrillex & Diplo, 0:30 – 2:10, 105 bpm***

(Repeat this song once to make up for the time required on this interval.)

Get your students into a steady Zone 3 in a seated flat for the first two minutes (for the duration of *Animals*). They are excited for the school day. It's first period on the first day of school. Anticipation and nerves are high! Coach them appropriately.

For the next two-minutes; lead them to Zone 4. Encourage a quick pace, but if students choose to jog out of the saddle, allow them to slow the legs so they are at a controllable pace on the bike. The goal is Zone 4; not Zone 5...yet. Your students suddenly begin to remember school is harder than they thought.

The last minute—the pressure is on to complete the First Period before the bell! Raise the intensity with attacks out of the saddle against increased resistance. Urge them to go for it before the end of this interval, earning their first break.

### **Break/ Recovery #1**

***All We Need (feat. Shy Girls), In Return, ODESZA, 0:12 – 2:10***

Encourage students to keep pedaling easily and drink water during every recovery.

The first day of school is always awkward. New people. New names. So why not take some time and have your class introduce themselves? If time permits, it is always fun to try the memory game. Ask, “Who thinks they can remember 10 names?” If no one raises their hand, drop it to 9. Again, if no one volunteers, keep dropping until you have a volunteer to tackle the most names from memory. (Instructors—be ready! Jot down these names as they go around the room. You’ll need this for the end of class. Plus, this is a great way to help you remember those pesky names you’ve always forgotten!)

### **2<sup>nd</sup> Period/ Interval #2**

***Stay Young (Original Mix), Darren Styles, Gammer, Dougal, 0:00 – 4:00, 85 bpm***

***Rest Of Your Life (Original Mix), Darren Styles, Re-Con, 1:30 – 2:40, 85 bpm***

Time for their 2<sup>nd</sup> Class of the day! Get them back into Zone 3 quickly!

Coach your riders to find their pace first. Once they have control of their speed, ask them to bring their resistance into the bike at a pace they can hold for two minutes.

At 1:54, it’s time to start raising the intensity. Your riders might be able to handle a standing jog at this pace. If not, keep them in the saddle and simply raise the resistance. Coach it as a slight incline and to stay on top of the beat.

As the class period begins to wind down and the music changes to “*Rest of Your Life*,” it is once again time to “beat the bell.” You want heavy breathing to ensue and elevate those exertion levels to Zone 5 for that final minute.

### **Break/ Recovery #2**

***Where You are, Mansions On The Moon, 1:36 – 3:30, 100 bpm***

Coach riders back down into Zone 2. Take time to share some poignant memories from your own childhood school days, and ask them to share some of theirs.

### **3<sup>rd</sup> Period/ Interval #3**

***Money For Nothing (feat. Jussie Smollett and Yazz), Empire Cast, 0:00 – 2:00, 78 bpm***

***What You Know (Crizzly Remix), Crizzly, 2:00 – 4:00, 77 bpm***

***Audiopphetamine (Original Mix), Audiopphetamine, 2:07 – 3:10, 75 bpm***

Time for their “3<sup>rd</sup> Class” of the day! The day is getting longer now. It’s harder to stay with the ride. Therefore we increase the resistance and slow the cadence as our school day progresses. You want this interval to have the same intensity as the faster cadence intervals, so coach accordingly. Slower cadence with more gear does not mean our power output has to be sacrificed.

Stay for two minutes in the saddle at this sustained pace. This is a good place to remind them of the fantastic cafeteria school lunch they just had, or maybe they brown-paper-bagged it with a balogna sandwich from home? (Along with chocolate milk...ugh!)

They are starting to feel a little sluggish, so we amp it up for the next two minutes in Zone 4 as the music changes to “*What You Know*.”

There is just one more class period after this one...encourage your riders to get after this last minute while “*Audiopphetamine*” kicks in to full swing. Use the music to cue your attacks and push that effort to Zone 5. It won’t take much to get them breathing hard for this minute!

### **Break/ Recovery #3**

#### ***Gong, Favela, 2:00 – 4:05***

One more class period to go after that last push! This is when that chocolate milk starts to kick in. Recall all of those exciting times in grade school with chocolate milk accidents?! Your riders will too. At any rate. The day is coming to an end. We’re getting tired. Classmates are starting to doze. Nothing sounds better than a nap!

### **4<sup>th</sup> Period/ Interval #4**

#### ***Bring It, Andy Whitby & Energy Syndicate, 0:00 – 4:10, 70 bpm***

#### ***Immortalized, Disturbed, 3:05 – 4:10, 65 bpm***

Last class period of the day! OMG, you are tired and ready to go home, aren’t you? This pace is a drudgery. But it is the last class of the day! While feeling the uphill climb, bring them back to Zone 3 and sustain the effort for 2 minutes.

Somebody wants to sleep in class worse than anyone else. Choose a member you know well, and pick on them a little. “*Looks like Tim is already falling asleep in this last class! That’s okay, only 45 more seconds here in the saddle, then you can get up!*”

After the first two minutes, it’s time for two more in Zone 4. At this pace, and with increased resistance, you can bring them out to a strong standing climb position. You’ve got to capture Tim’s attention somehow, so get him off of his seat!

Super strong push to *finish the day*. Once the music changes to *Immortalized*, its time to rock their world right up to the point they hear the bell ring to finish their day! Maintain strong attacks for an all out effort to finish.

**The end of your day! (Sound effect)**

**School Bell, Pro Sound Effects Library, 0:10**

Make sure to have your bell ringing sound effect cued appropriately to end this interval.

**Break/ Recovery #4**

**We Could Be Heroes, Alesso, Tove Lo, 1:00 – 3:00, easy riding**

Applaud your students for their great work. If they're clock watchers, they will see they still have time to spare, so immediately move into the following discussion:

*“Wait a minute! Wait! Remember when Tim fell asleep? Well, you know what? He kept us from finishing our assignment, so we have to stay in DETENTION HALL for three more minutes!”*

And the instructor is pissed about it!

**Detention Hall/ Interval #5**

**Activation (Getter Remix), Downlink, 1:00 – 2:05, 110 bpm**

**Heroes of Our Time, DragonForce, 1:00 – 2:13, 100 bpm**

**Homebound, Feint, 2:25 – 3:35, 90 bpm**

Descending cadences for 3-minutes.

Really set an angry pace here! 110 rpm in the saddle as they ride with *Activation!* At this point in class, this pace is difficult to hold for most riders. Push them to finish detention hall as quickly as possible. Remain seated, focused on their work and simply “fly” for one minute. (Make sure to check for proper form).

The second minute...well, there will be little difference in exertion by this point. Most will probably already be in Zone 4! Ask them to give you a little bit more as the music changes to *Heroes of Our Time*. Can they give you a lift out of the saddle here to a jog? Without losing their chocolate milk? (Slow cadence if needed).

For the last 60 seconds, go back to the saddle with more resistance. A controlled 90 rpm drives you to only one or two attacks—you simply cannot do more! Remind them that they are headed home. Let the music of *Homebound* take your riders to the locker rooms, drenched in sweat and ready for a shower!

**Cool Down**

**Heart (Saturdaze Version), Starcadian, 0:00 – 5:50**

Congratulate your students as they recover. Use your cheat chart you created at the beginning of class (if needed) and call each one by name. Share a closing funny story and use this quote about how our lives have changed from the days of education:

*In school, you're taught a lesson and then given a test.  
In life, you're given a test that teaches you a lesson.*

Remind your riders that the key to life is to never stop learning. There is always something to be learned, especially from the most precarious situations, and always a way to better ourselves because of what life hands to us!

Section	Music	BPM	Time
Intro / Warm-Up	Stop the Rain (Verdiano Remix), <i>Rocket Pimp</i>	110	3:30
	High School Never Ends, <i>Bowling for Soup</i>	85	3:30
Sound Effect	School Bell	--	0:10
Interval #1	Animals (Ice Cream Remix), <i>Maroon 5</i>	95	2:00
	Beats Knockin', <i>Skrillex &amp; Deplo</i>	100	1:30
	Beats Knockin' (repeated)	100	1:30
Recovery #1	All We Need, <i>Odezza</i>	---	2:00
Interval #2	Stay Young, <i>Styles, Gammer, Dougal</i>	85	4:00
	Rest of Your Life, <i>Styles, Re-Con, Matthew Steeper</i>		1:00
Recovery #2	Where You Are, <i>Mansions On The Moon</i>	---	2:00
Interval #3	Money for Nothing, <i>Empire Cast</i>	78	2:00
	What You Know, <i>Crizzly</i>	77	2:00
	Audiopphetamine, <i>Audiopphetamine</i>	75	1:00
Recovery #3	Gong, <i>Favela</i>	----	2:00
Interval #4	Bring It, <i>Energy Syndicate</i>	70	4:00
	Immortalized, <i>Disturbed</i>	65	1:00
Sound Effect	School Bell	---	0:10
Recovery #4	We Could Be Heroes, <i>Alesso, Tove Lo</i>	---	2:00
Interval #5 (Detention)	Activation, <i>Downlink</i>	110	1:00
	Heroes of Our Time, <i>DragonForce</i>	100	1:00
	Homebound, <i>Feint</i>	90	1:00
Cool Down	Heart, <i>Starcadian</i>	---	6:00



**Lyrics to High School Never Ends, by Bowling For Soup**

Four years, you think for sure  
That's all you've have to endure  
All the total dicks, all the stuck-up chicks  
So superficial, so immature

And then when you graduate  
You take a look around and you say, "Hey, wait!"  
This is the same as where I just came from  
I thought it was over, oh, that's just great

The whole damned world is just as obsessed  
With who's the best dressed and who's having sex  
Who's got the money, who gets the honeys  
Who's kinda cute and who's just a mess

And you still don't have the right look  
And you don't have the right friends  
Nothing changes but the faces, the names and the trends  
High school never ends

Check out the popular kids  
You'll never guess what Jessica did  
And how did Mary-Kate lose all that weight?  
And Katie had a baby, so I guess Tom's straight

And the only thing that matters  
Is climbing up that social ladder  
Still care about your hair and the car you drive  
Doesn't matter if you're sixty or thirty-five

Reese Witherspoon, she's the prom queen  
Bill Gates, captain of the chess team  
Jack Black, a clown, Brad Pitt, the quarterback  
Seen it all before, I want my money back!

The whole damned world is just as obsessed  
With who's the best dressed and who's having sex  
Who's in the club and who's on the drugs  
Who's throwing up before they digest

And you still don't have the right look  
And you don't have the right friends  
And you still listen to the same shit you did back then  
High school never ends. High school never ends

The whole damned world is just as obsessed  
With who's the best dressed and who's having sex  
Who's got the money, who gets the honeys  
Who's kinda cute and who's just a mess

And I still don't have the right look  
And I still have the same three friends  
And I'm pretty much the same as I was back then  
High school never ends, High school never ends, High school never ends  
And here we go again