

## End of the World

Created by Lisa Piquette  
Training Type: HIT  
Working HR Zones: Zones 3–5c  
Total Class Length: 60 minutes

### Profile Description

Did you know that the world is going to end, AGAIN? I know, I know, we are still here after all of that fuss over the Mayan calendar, but I promise you, the world is going to end on September 28, 2015. (And if you're reading this after that date, well...something went wrong!)



There is a rare lunar pattern that has been associated with apocalyptic lore for centuries. The Blood Moon Tetrad began on April 15, 2014, with the first of four Blood Moons. The term refers to the reddish color of the moon during a total lunar eclipse. October 8, 2014, and April 4, 2015, were the second and third Blood Moons. The completion of the Tetrad is on September 28, 2015. Not every sequence of four lunar eclipses will constitute a Tetrad. What makes these four lunar eclipses unique is that all four Blood Moons occur on or near Jewish holy days.

If you do not get a chance to use the profile in time for September 28 of 2015, this is also a great Halloween profile, or the next time a loony predicts the end of the world!

This profile is all about engaging the imagination and sense of humor of your class members, and using that energy to motivate them as you take them through a series of high-intensity efforts while they ride for their lives! Treat the technical aspects of the profile similar to what you might expect in a simulation of Tour stage, with plenty of chases and attacks and paceline work, and a sprint at the end.

Mostly, this is a chance to have a lot of fun with your class members. I taught this ride when the Mayan calendar predicted the end of the world, and I made a party out of it. I brought "rations" for my participants in the form of cycling treats. Black balloons and streamers create the proper atmosphere.

In this profile I have used local landmarks (with some embellishment) because I know that my students, many of whom ride outside, will relate to those. You can easily tailor the ride by substituting your own local landmarks. That will help to engage your riders' imaginations even further.

Before class starts, divide the class into three groups for the paceline work that comes later.

**Intro/Warm-up****A Little Party Never Killed Nobody, Fergie, 130 bpm, 4:01**

Have riders stretch and gradually warm up as you set the stage.

*We will be using a lot of metaphors today, but the format of the class will include basic road efforts: attacks, chases, and a lot of teamwork in the end, and I mean **The End**.*

*An ironic start...the party won't kill you, but does that mean you are safe? You are at an afternoon gathering with friends at Hartford 21, in the penthouse suite on the top floor. It's an unusually warm day for the end of September, so you decided to ride your bike to the party. You left it downstairs in the lobby.*

*You are talking to one of the guests, who tells you that today is the last day of the Tetrad. She explains that the Blood Moon Tetrad occurs when four total lunar eclipses in a row have coincided with Jewish holy days. Apocalyptic lore for centuries has held that the Tetrad portends the end of the world.*

*You laugh at the story and look around the room. Well, here it is, the final day of the Tetrad, and no end of the world in sight!*

**Something Is Up (Warm-up continues)****Song #2: Terra Firma, Delerium, 95 bpm, 5:06**

Have them continue warming up on a flat road that gradually becomes more challenging. Aim for lower Zone 3 by the end of the flat.

*All of a sudden, you hear an ominous rumbling in the distance. No one in the room seems to notice but you. The music plays and everyone remains engrossed in the party.*

*You walk onto the patio and look outside at the busy street below, and then out to the horizon. Clouds have begun to gather and darken the formerly sunny day. A lightning bolt flashes in the distance. Then, in the afternoon sky, there it is! A huge, blood-red moon low in the sky. And it is not even sunset yet!*

*You run into the living room and turn on the television—it's all over the news. Tidal waves! Earthquakes! Tornadoes! Landslides and floods! It looks like the end of the world has come!*

**Speedy Exits Are Best****Song #3: It's the End of the World As We Know It, R.E.M., 103 bpm, 4:07**

This song should feel like a breakaway effort as they run down the stairs to get their bikes. Take them just over threshold at the start, then after about 90 seconds, settle into a Zone 4 effort.

*The power goes out and panic ensues! You race down the stairs to your bike. You know that it will be impossible to get anywhere by car. The roads will be completely snarled so you are glad that you have your bike.*

*You have thirty-six floors to run down, and you need to get your bike before someone else takes it!*

*Ten more flights to go!*

*Just a few more!*

*Hop on that bike and take off!*

### **By the Light of the Moon**

#### **Song #4: Full Moon, Element, 140 bpm, 8:02\***

**(\*Note: This song can be hard to find, we've provided an alternate track in the resource section.)**

Let your riders recover a bit as they cross the Connecticut River on the Founders Bridge and ride through the flats in East Hartford. A couple minutes into the song, you hit the hills of Glastonbury and use the beat of the song to drive your climb. Target a Zone 3 effort (your “base”) when you hit the hill, with occasional surges out of the saddle.

*You are crossing the Connecticut River on the Founders Bridge, winding your way between the stopped cars. The red moon hangs over the sky above. You know where you are going—there is an abandoned bomb shelter in the hills of Glastonbury. You hope that you can make it there to wait this out.*

*2:14 You have just hit the first of the Glastonbury hills. Head up Hopewell Street as you start your climb.*

*4:19 Tremors! Surge out of the saddle as you feel the increased urgency of reaching safety!*

*5:01 Back to base as you make your way to Woodland Street for a 10% grade.*

*6:09 The wind gusts in your face and you feel rain. Surge here against the wind. Stay seated for this one—you can't come out of the saddle with the wind in your face.*

*7:00 Back to base as the wind wraps around behind you. Out of the saddle as you are pushed up the hill like a sail in the wind.*

#### **Song #5: World On Fire, Sarah McLachlan, 134 bpm, 4:17**

Continue climbing at Zone 3 base with occasional surges.

*You are coming to Clark Hill Road, where things are going to get really ugly. It's a 12% grade, something to think about even when the world is falling apart around you.*

*0:37 Turn onto the hill and come out of the saddle to take on that steep grade!*

*1:11 Back in the saddle; settle into the climb. The world appears to be on fire around you, the red of the Blood Moon radiating out across the sky.*

*3:13 Lightning strikes a tree nearby! Another bolt rains down, then another. Time to put the speed on—make this last one an attack as you race to the bomb shelter ahead of you!*

### **Shelter**

#### **Song #6: Four Winds, Bright Eyes, 131 bpm, 4:16**

Recover during this song. Let them know that after this recovery, they will have some high-intensity work. Great time to remind people to drink.

*You are here. The bomb shelter appears deserted and you bring your bike inside. Look around for some light, it's dark in here. You find an old lantern and a match; the weak light flickers against the walls.*

At 0:59, let them listen to the first set of lyrics:

*Your class, your caste, your country, sect, your name or your tribe  
There's people always dying trying to keep them alive  
There's bodies decomposing in containers tonight  
In an abandoned building where  
Squatters made a mural of a Mexican girl  
With fifteen cans of spray paint and a chemical swirl  
She's standing in the ashes at the end of the world  
Four winds blowing through her hair.*

*But when great Satan's gone...the Whore of Babylon...  
She just can't sustain the pressure where it's placed  
She caves.*

Lower the volume a bit so you can narrate.

*That's you, standing in the ashes at the end of the world. Hmmm...let's take a look around here. This shelter has useful stock. Grab some rations and water. You see an old, battery-powered shortwave radio. You turn it on and there it is—disaster reported everywhere. Fire, floods, and winds. Good thing you found shelter.*

*2:53 Time to explore this shelter—maybe there is a generator in the back so you can turn the lights on. You take the lantern in hand and make your way to rear of the shelter, which is bizarrely huge. You walk quite a distance and then...what's that? Do you hear something? Hello? Is anyone in here?*

### **Party-Crashing Zombies**

#### **Sound effects track: Zombie/Group Moaning, Sound Effects 105, 0:26**

#### **Song #7: Run Boy Run, Woodkid, 134 bpm, 3:33**

High-intensity effort—treat it like another breakaway. Out of the saddle to start, then after the first minute, hold the same intensity in the saddle.

*Oh no! How did zombies get in here?! Run!*

*You have to run as fast as you can out of the shelter! You drop the lantern, so you are running in the dark, but there's no time to slow down. Book it!*

*Great...you made it to the entrance...now get on your bike. They are right behind you! These are fast-moving zombies!*

**Song #8: I'm Alive, Shinedown, 158 bpm, 3:40**

Still high intensity, but just a little bit easier. Treat this as a Zone 4 effort to maintain their lead and hopefully increase it. I like to take them out of the saddle on the high-energy chorus of this song. When the lyrics shout "I'm alive," point out that's their theme.

*On your bike now, hold a hard effort as you put as much distance between you and those zombies as you can. Hear that? "I'm alive!" That's your theme of the day. Ride to that and let it drive you!*

**Destination Nowhere**

**Song #9: 1,000 Cities Falling (Pt. 1), The Sadies, 99 bpm, 2:17**

Recover, holding Zone 2 effort.

*Phew! You did it. No zombies in sight. But now what? You have nowhere to go, no plan to escape the destruction around you.*

At 1:17, let them listen to the lyrics:

*We begged for mercy from the skies  
And pleaded for the sun to rise;  
We watched the fallen heavens turn to ice.*

*We'll try and stay alive  
Until we see the blessed day  
When our sins are taken all away.*

*On a dark and frozen land  
Lie one thousand cities damned  
That circle round and round a dying sun.*

*It hits you. This is really the end of the world.  
But wait—is that a group of cyclists ahead? Let's chase them down!*

**Cyclists Ahead!**

**Song #10: If Today Was Your Last Day, Nickelback, 90 bpm, 4:08**

Hold a chase effort, just below threshold.

*You can see the cyclists ahead of you, but they have not noticed you yet. You are going to have to work hard to catch up to them.*

*You will yourself to block out the Blood Moon in the sky and focus on the connection between the ball of your foot and the pedal, leading yourself efficiently through each stroke.*

*[At 2:00] You've cut their lead in half; can you get just a little more out of your pedal stroke? Ride like it is your last day—feel your hip flexors engaging as you approach the top of the pedal stroke, then feel the quads and glutes bringing you through the power phase of the pedal stroke at 3 o'clock. Finally, notice the hamstrings bringing it to a close from 5 to 8 o'clock. Let that connection to the pedal stroke give you more power—because you need it!*

*[Final 30 seconds] You pull up alongside the cyclists at the end of the group right as you all approach the base of Case Mountain.*

*It looks like you are going up. Again.*

### **Only One Way Out and It's Up!**

#### **Song #11: Only One Way, Feuerhake, 120 bpm, 6:47**

Hold a Zone 3 effort (your “base”) on this climb, with a few surges out of the saddle.

*Just fall in line with the other cyclists as you begin the steep climb up the mountain. Settle into your climbing rhythm.*

*0:33 Add a gear and come out of the saddle for a switchback.*

*1:03 Sit back down, back to base.*

*1:49 You ask one of the cyclists where they are headed.  
Let the lyrics respond at 1:54: "There's only one way out."*

*2:11 Add gear and stand for another switchback.*

*2:43 Back to saddle, back to base. You ask, "What do you mean 'one way out'?"*

*3:29 Another switchback, add gear and stand.*

*4:03 Sit, back to base. The other cyclist explains: "We are headed to a top secret rocket ship. It's waiting for our group of cyclists to take us to safety. But we have to hurry because the planet is becoming too unstable. If the ship waits too long, it will be too late to launch."*

*4:51 Another switchback. You feel empowered by new hope! A rocket ship! Excellent!*

*5:37 Sit back. Just hold steady. You can see the climb will be a bit less steep as you get closer to the top. The group decides to use paceline work as we get closer to the ship.*



Remind everyone that they are now in three groups. Prepare group 1 to take the first pull.

### Death Pulls to the Finish

**Song #12: Leaving Planet Earth, Talisman and Hudson, 162 bpm, 6:03**

**Sound Effect: Rocket Lift Off (Sci-Fi Sound FX), Carmichael & Woods, 0:29**

Paceline effort will range from moderately hard to threshold, until the all-out sprint at the end. If your group has never done paceline work before, just tell them to think of it as hard, harder, and hardest, with the hardest effort taking them to threshold. It is important that they do not recover too much when they are at the back of the line. Use the first 2:11 of the song to set up the paceline, then get it started.

*0:00–2:11 When we start, group 1 will be in front. You will bear the brunt of the wind, so you will work hardest. Right behind is group 2, working a little less hard. Group 3 is in the rear, but you cannot drop off the back, so keep working on the moderate incline. Ready? Group 1, take us out! (I like to let them choose whether they want to come out of the saddle when they are in front.)*

2:11–3:41 Each group takes a 30-second pull.

*Good...work together here. Remember the three rules of pacelines—they apply even more here when so much is at stake. Rule #1: No slow pulls! Rule #2: Do not drop off the back. Make sure that you are still working when your group is in the rear. This is not recovery! You do not want to get left behind on this one! Rule #3: NO SLOW PULLS! (Yes, it's worth repeating!) We are depending on your work up front. Pull for the team!*

3:41–4:56 Timing is a bit tight here; reduce it to 25-second pulls for each group. Keep coaching them to hold the paceline.

*4:15 Oh no! We have just heard from the ship. They can't wait much longer. We won't make it if we hold our current speed. We need to find more power. There's only one way—we need to ride just like a true race team at the end of a stage. It's time for death pulls. On the next round of pulls, when it's your turn to pull, do not hold back because you will be dropped when your pull is over. Treat your "death pull" as a sprint. We can't all make it, but by giving everything we have, at least the last group will be able to sprint to the end.*

4:56–5:55 Each group takes a 20-second "death pull."

*Group 1—go! Give it everything you have. We can see the ship; the engines are beginning to fire up!*

*Group 2—pull! Come on, this one is for real!*

*Group 3—sprint to the finish!*

*[As they finish their sprint] OK group 3, quickly climb aboard, you've barely made it!*

Time the sound effect of the ship taking off shortly after group 3 finishes their sprint.

**Song #13: Swimming in the Flood, Passion Pit, 4:58**

Recover, cool down.

*How's that for channeling your inner domestique? Thank you for your sacrifice, groups 1 and 2. I hope you brought a life preserver.*

*Congratulations, group 3, you've survived for now...but who knows where the spaceship will take you?! I guess we may never know!*

*Everyone, cool down, stretch, and relax. You've earned it! Next time the world ends, I hope that you all come ride with me again.*



# End of the World

## Quick Profile

Created by Lisa Piquette

Training Type: HIT

Working HR Zones: Zones 3–5

Total Class Length: 60 minutes

Section	Music	BPM	Time
Warm-Up/Intro	A Little Party Never Killed Nobody, Fergie	130	4:01
Something Is Up	Terra Firma, Delerium	95	5:06
Speedy Exits Are Best	It's the End of the World As We Know It, R.E.M.	103	4:07
By the Light of the Moon	Full Moon, Element or Solar Storm, Tikal	140	8:02
	World On Fire, Sarah McLachlan	134	4:17
Shelter	Four Winds, Bright Eyes	131	4:16
Party-Crashing Zombies	Zombie/Group Moaning, Sound Effects 105 Run Boy Run, Woodkid	N/A 134	0:26 3:33
	I'm Alive, Shinedown	158	3:40
Destination Nowhere	1,000 Cities Falling (Pt. 1), The Sadies	99	2:17
Cyclists Ahead	If Today Was Your Last Day, Nickelback	90	4:08
Only One Way Out, and It's Up	Only One Way, Feuerhake	120	6:47
Death Pulls to the Finish	Leaving Planet Earth, Talisman and Hudson Rocket Lift Off (Sci-Fi Sound FX)	162 N/A	6:03 0:29
Recovery/Stretch	Swimming in the Flood, Passion Pit	N/A	4:58

**Playlist (Title, Artist, *Album*) and Source**

**All songs and sound effects available on iTunes except Full Moon**

A Little Party Never Killed Nobody, Fergie, Q-Tip & GoonRock, *The Great Gatsby (Music from Baz Lurhmann's Film)*

Terra Firma, Delerium, *Poem*

It's the End of the World As We Know It, R.E.M., *Document*

Full Moon, Element, *Full Moon*

NOTE: this great song is hard to find. You can find it on Youtube, or purchase a used cd on Amazon. An alternate song: Solar Storm, Tikal, Cosmic Dragon, 140 bpm, 8:08, available on iTunes (Note: the bpm increases towards the end. You may have to adjust the cues to fit the song.)

World On Fire (JXL Club Edit), Sarah McLachlan, *Superstars #1 Hits Remixed*

Four Winds, Bright Eyes, Casadaga

Zombie/Group Moaning, *Sound Effects 105*

Run Boy Run, Woodkid, *The Golden Age*

I'm Alive, Shinedown, *Avengers Assemble (Music Inspired By the Motion Picture)*

1,000 Cities Falling (Pt. 1), The Sadies, *Favourite Colours*

If Today Was Your Last Day, Nickelback, *Dark Horse*

Only One Way Out, Feuerhake, *Feuerhake*

Leaving Planet Earth, Talisman and Hudson, *10 Years of Global Underground*

Sound Effect: Rocket Lift Off (Sci-Fi Sound FX), Carmichael & Woods, *Essential Sound Effects Top 100 (High Quality Special Audio FX Collection)*

Swimming in the Flood, Passion Pit, *Manners (Bonus Track Version)*