



**Audio Master Class**

# Multiple Personality Climbs

## Progressive Hill Climbs

**Created By: Jennifer Sage**

**Ride Objective: Five progressive climbs**

**Working intensity: Zones 3–5a**

**Class Length: 60 minutes**

### **Ride Objective**

The primary objective of this ride is five progressive climbs of varying cadence and intensity. The first is more for fun; the second raises the intensity and emotion. The third and fourth climbs are the hardest, and the final climb becomes a consistent, inward-focusing, Zen-like experience.

When you ride outside, every climb is different. Some are steeper or longer, some are undulating, some are consistent in grade. Some are straight, some curve gently, some have 180-degree hairpin turns. The sights and sounds, the trees and scenery—they will be different on every climb. Even the same climb done on different days may feel different. This could be due to your mood or thoughts, the weather, your level of fatigue or fitness, or your personal motivation on that day to push hard or ride easier. It could be due to whom you are riding with, or if you are alone. Sometimes your goal is just to ride for fun; sometimes it's for a specific training purpose.

In this profile, each climb will be different. The personalities of the climbs will be achieved through varying genres of music.

This particular profile uses pop, indie rock, classic rock, alternative electronic (an *angry* song), and a world-beat song for each of the differing personalities. You can create many rides based on this concept using some of the following additional genres:

- Hip-hop
- Rap
- Heavy metal
- Acid rock
- Dance/trance
- Psychedelic trance
- Heavy drums
- Retro
- Disco
- Grunge
- Downtempo
- Movie soundtracks
- Trailer music/symphonic
- Country
- Reggae
- Classical

As you can see, the possibilities are endless!

The beauty of this profile is that it is also an educational tool to show your riders why you use different genres. During the final recovery, you explain to them how the various personalities of the climbs were manifested through the different types of music. While you understand that everyone has their preferences, you ask them to acknowledge the benefits that each song offered, even if it wasn't their preferred genre. You then explain that you usually select your music to match the message of your profile, and not just because you like the song or you think they like the song (although, let them know you do take their preferences into consideration). Just like a movie soundtrack, certain types of songs help drive the desired emotion of the ride. That's what you try to do with your song selections.

If you have riders who are very picky about music, hopefully they will become more accepting of a wider variety of genres in your classes as a result of this ride.

## Multiple Personality Climbs

### Song #1: Warm-up

#### C'mon Let Me Ride, Skylar Grey, 85 bpm, 4:14

In the first song, gradually increase resistance in the warm-up while you introduce the profile.

*Today we are going to climb. A lot. I've got five climbs in store for you. The first one is 4 minutes; after that they get progressively longer, until the final climb of just over 8 minutes.*

*If you are a cyclist, whether a roadie or a mountain biker, and you have climbed a lot of hills, you probably know that each hill you ride is a little different. Each one has its own personality. It could be related to how you feel, how motivated you are, the steepness, how hard you decide to go, whether you just want to zone inward, or whether you want to attack it. It could be whom you're with or if you are alone. It could be that you feel competitive; other times you want to go easy. Sometimes even the same climb on different days will feel different—it could be your mood, it could be what's on your mind, it could be your fitness, it could be your level of fatigue.*

*If you are not an outdoor cyclist, that's OK, because I'm sure you would say the same thing about a run or a hike. Heck, even a day at the gym can feel different due to your moods or thoughts!*

*Indoors, we can change the goal of each climb we do with the resistance and the cadence, of course, as well as our intention for that climb. But a big part of the emotion and the motivation is the music. I'm sure you agree with that! Today, I am giving each climb a different personality by using specific genres of music.*

*There is something for everyone in today's ride. Five different genres of music, five different climbs. And, the recovery song after each climb is the same genre as the song it follows, so you'll have both a slower-paced song and a faster-paced song of every style.*

*Everyone has his or her favorite type of music—there's no dispute about that. But my hope is that you will learn to see the benefit and the beauty in **all types** of music, especially as they motivate you on a challenging ride. Look for the positive benefits of every song we use today!*

### Song #2: Warm-up Continues

#### Hang Me Up to Dry, Cold War Kids, 99 bpm, 3:33

Pick up the cadence, allowing intensity to increase to mid to high Zone 3. The higher cadence may drive their heart rates up, at least at first. This is not a high-intensity section, but this early in the ride, you do want to prepare the legs during the warm-up. If higher cadence is challenging for some of your riders, have them just do the 100 rpm in 30-second segments with a brief rest at a lower cadence.

*We are getting closer to our first climb. Before we get there, let's speed up the legs to just about 100 rpm. We want to wake up the legs, so they are ready for the climbing that lies waiting.*

*So, what type of music can you expect today? Well...we are going to start off with some fun pop music to set the stage, followed by indie rock to raise the emotional level. That will then segue into classic rock with strong percussion to drive your legs. Everyone likes classic rock, right?*

*After that, we are going to fire it up with some angry electronic music. By that time, the climb will be about 7 minutes long. You'll be pushing up that hill with a determined, fiery attitude, fueled by the music. This will be the hardest of the climbs.*

*Our final climb, the longest one, will hopefully inspire you to take a trip inward. It's a world beat song with no lyrics, to help guide you into a peaceful, Zen state of climbing. That doesn't mean it will be easy...but the music will help turn your thoughts away from the challenge, to help connect your breath to your pedaling.*

**Song #3: First Climb: Pop**  
**S&M, Rihanna, 128 bpm, 4:04**

Ease into this first climb. Stand up every time she sings "Na na na, c'mon" (except the first time). You'll be standing for only 13–15 seconds.

*Grab the beat; it's a 64 rpm climb. Start off with enough resistance to feel moderately hard. This Queen of Pop will take us up the first climb. Let's go, Rihanna! Our goal here is just to have fun and enjoy this without being too serious. You will stand occasionally when she sings "C'mon, c'mon, I like it like it," and turn it up slightly when you stand. Otherwise, keep a constant hill.*

*Let's save the heroics until later in the ride—believe me, you'll need it. For these first two climbs, keep it completely under your control.*

**Song #4: Recovery**  
**Bad Girl, Avril Lavigne feat. Marilyn Manson, 158 bpm, 2:55**

If needed, let them stand for a saddle break partway through this recovery.

*Let your legs speed up as we crest over the top of this hill, backing off the resistance you added for that climb. Bring your heart rate down and let the legs spin. One hill down, four more to go.*

**Song #5: Second Climb: Indie Rock**  
**All at Once, Airborne Toxic Event, 142 bpm, 5:16**

*Indie rock can be so powerful—it's somewhere between hard rock, folk rock, and mainstream.*

*This song has a lot of emotion to it—let’s allow that to help us turn the pedals.*

*0:56 Hear that energy? Engage a little more, drive the legs a little harder. Get ready to stand up in just over a minute.*

*2:10 Turn it up and stand up. You should feel like you have enough gear on there to support you as you stand. This is a fairly fast standing climb; we’ll be up for just over a minute. Stay in control.*

*3:25 Sit back down, ease up the resistance just a little, but continue to hold your pace, driving the legs. All the way to the top.*

### **Song #6: Recovery**

#### **Rule the World, Walk Off the Earth, 82 bpm, 3:25**

*Let’s ride easy and let the legs sweep around smoothly. This one is 82 rpm.*

*We are going to “rule the world” by the time we are done with these five climbs!*

*Breathe, relax, and get ready for our next climb. This one will be 6 minutes long. I think you’ll all recognize this classic song the very second it begins.*

### **Song #7: Third Climb: Classic Rock**

#### **Sympathy For the Devil, Rolling Stones, 116 bpm, 6:19**

This will be a steep climb at a slow cadence of 58 rpm. Twice you will stand up on an even steeper segment, first for about 45 seconds, and at the end, for 90 seconds.

*Yes, I see those heads nodding out there. Who doesn’t love the Rolling Stones? Especially this song!*

*This is a steep hill, so turn it up fairly high right from the start, and find a cadence of 58 rpm. You need to leave room for an even steeper segment, so don’t make it too hard at the bottom.*

*(After 1 minute) Turn it up just a little bit. It will soon get very steep, forcing you out of the saddle. You will use that consistent, recognizable percussion in the song to help you turn the pedals. When you feel like backing off, think to yourself “whoa whoa” (like they sing in the background of the song). Whenever you hear that, imagine they are singing it to you.*

*2:47 Stand and turn it up (with the electric guitar), turning up your intensity to just over threshold. You’ll be up for about 45 seconds. Feel that guitar...*

*3:24 Sit down, ease back a bit (when he sings “Pleased to meet you”), but stay strong. You’ll stand back up in about a minute and a half.*

4:44 *Stand again.* (Jagger sings “Get on up” and the electric guitar comes back.) *This time, you’re going to stay standing until the end—another minute and a half—can you do it? The smoother you can pedal, the easier it will be on you. Keep control of your breath. It should feel hard, about threshold level, but not overwhelming.*

**Song #8: Recovery****Yer So Bad, Tom Petty, 90 bpm, 3:06**

*Ah yes, Tom Petty, take us down this hill and to the base of the next one. In the next song we are going to get a little bit angry...so you can get heroic if you want! Make sure you ride real easy here—you’ll need everything you can give for this 7-minute climb.*

**Song #9: Fourth Climb: Electronic****Dead Men Walking, Void, 145 bpm, 7:10**

*A driving electronic beat, especially an angry one, has a way of bringing out the monster in people. I want you to grab that beat right away—it’s 73 rpm, a pretty fast climb. Bring your intensity to just below threshold right away. We are going to attack every now and then, which should take you to almost breathless. When we sit back down, you’ll ease up a bit, just below breathless, but still working hard.*

1:45 *Ready for the first attack? It’s coming soon!*

1:53 *UP!! Go! Imagine someone is in front of you and you want to catch them. They are only 10 feet ahead but they are trying to get away from you, making it tough to close the gap. Don’t let them get away!*

2:20 *OK, ease up a little, catch your breath. More to come...*

*The two of you are riding close to each other, exchanging places, waiting for the other one to attack first.... Who will it be?*

3:20 *It’s YOU! Attack! This is not a sprint, but it’s a concerted effort, a hard surge, one that makes your legs and lungs sting a bit...*

4:00 *Ease up a little and sit back down.*

(The song takes a break. Use the long buildup to prepare your riders for a BIG attack.)

*Don’t get complacent; you have a short respite here, but you are still climbing. Get ready for another attack, coming soon...*

5:19 *GO! You’ve got 2 more minutes until the top; you’ve got to get there first. This one hurts—can you hold on?*

6:00 *OK, ease up just a tiny bit and sit back for a short moment...*

*6:17 BACK UP! Attack! Dig in deep...*

*6:30 Sit down. You've opened a gap on them and they've dropped back. But keep your intention glued to your pedals. Not much more to go.*

### **Song #10: Recovery**

#### **Bring Me to Life, Thousand Foot Krutch, 88 bpm, 3:37**

During this recovery, you'll be preparing them for the last climb, which will be ridden mostly in silence.

*Time to recover. Once again, spin the legs. This is another angry song, from the alternative rock genre. Channel your energy into your breath, into relaxing.*

*There is one more climb; this last one is 8 minutes. It's going to force you to go inside your head. The personality of this climb will be very different from the last four. It's not going to be easy, but it won't be filled with attacks or out-of-the-saddle surges like the last two.*

*This will be an introspective climb; think of it as the **Zen of climbing**. The music will help you utilize your mental strength to get yourself to the top. It's a world beat electronic song.*

*Cyclists know that on long climbs, they need to manage their pace. They can't be burning matches all the time—that means surging until they are breathless, pushing until they are anaerobic. Eventually their matchbooks will be empty and they will be unable to continue. So, you have to learn to pace yourself, staying right on the edge of the tipping point, which means just a heartbeat or two below your threshold.*

### **Song #11: Fifth Climb: World Beat**

#### **Opal, Adham Shaikh, 130 bpm, 8:18**

*Grab the beat. It's a fairly slow and hard climb at 65 rpm, but nothing like hill number three was. As I said at the beginning, a world beat song with no lyrics can help you focus inward on your movements and your breathing.*

*Your goal is to find a hard but sustainable pace. That's what this climb will be—consistent, without a lot of changes in intensity or position. It should be hard from beginning to end, but not "very hard." Simulate what a real climb on your bicycle outdoors would feel like.*

*Imagine having to settle into this long climb, and realizing that you are going to have to take control over your thoughts, not let them rule you.*

*Focus on your breath and a relaxed pedal stroke, even against the challenging grade. If you want, you can close your eyes, or just blur your vision and visualize the road heading upward in front of you. Keep that visual in your mind's eye.*

After a minute, you're going to leave them be for most of the climb, only checking in occasionally.

*I want you to imagine that you are riding by yourself. I've dropped back, about 10 yards behind you, so we can't talk. You are riding strong.*

*I will leave you to get lost in the rhythm of the music and to immerse yourself in your own thoughts. Make them positive ones! Encourage yourself! Stay seated most of the time, allowing yourself to stand for short periods as needed. If you prefer, you can stand at regular periods, for 10–15 seconds every minute or two.*

*I will check in with you from time to time. But mostly, this climb is all about you. Let the rhythm and the percussion gently pull you up this hill, and envelope yourself in your positive thoughts.*

*I'll see you up the road...*

Let your riders see you immerse yourself totally into this climb. You can nod your head gently to the drums, getting into the rhythm of the beat and of your pedaling. Stand up for short periods occasionally, but don't say anything when you do...see if they follow you. It's OK if they do, and OK if they don't.

Offer just a few occasional words of encouragement over the rest of the climb.

- *Where are your thoughts? Are they on your smooth pedal stroke? On your breath?*
- *Breathe...relax the upper body so the legs can do their thing.*
- *Feel the hill responding to your efforts, giving you energy in return.*
- *There's the top, about a minute away, beckoning you. Still riding consistently, almost there.*

### **Song #12 and #13: Cool-down and Stretch**

#### **Manju, E.S. Posthumus, 160 bpm, 4:18**

*Come off your hill and once again let the legs spin, easing up, dropping your heart rate. This song is a celebration of the five climbs you've just completed. Can you hear the jubilation in the song?*

*I hope you enjoyed the Zen of that last climb. Can you see how different its personality was due to the song, and to giving yourself permission to go inside? It's such an amazing way to get yourself through a challenge, by searching inward and asking your heart and mind to help you through it, and by using the rhythm of the song to guide you. Sometimes a song without lyrics says the most.*

*Can you see how each musical genre, each song, offered something special to you? Each had an asset; something distinctive about it that helped you through the climb. Whether it was a sense of fun, of powerful emotion, of anger, or simply you latching on to the instruments or the vocals or the gentle rhythm.*



*Surely you have your preference of music, but my hope is that this ride helped you understand why I choose the songs I do for my profiles. It's not always because I like them, or because I know you like them (although sometimes that's why I pick them!), but most of the time it's because the song conveys a certain message, a feeling that I want you to grasp. I want the emotion of the song to match the emotion I want you to feel in the ride. Kind of like a soundtrack in a movie. The songs are meant to help drive the energy and emotion of the movie, and it can be the same for an indoor cycling class.*

*Who felt a different emotion with each of these climbs?*

If you feel comfortable, you can engage in a conversation about the music and how it made them feel for each climb. Let them express what they liked or didn't like. By hearing how the music affected other participants, it might open up the minds of your most picky riders to consider songs they wouldn't normally prefer.

**Just Breathe, Pearl Jam, 115 bpm, 3:36**

If needed, pedal easily another minute or two and continue dropping the heart rate, or just use this song for an off-the-bike stretch.

## Multiple Personality Climbs Playlist

Song title, artist, *album name*, length, source

**C'mon Let Me Ride, Skylar Grey, *C'mon Let Me Ride*, 4:14**

Amazon, iTunes

**Hang Me Up to Dry, Cold War Kids, *Soho Sessions*, 3:33**

Amazon, eMusic

**S&M, Rihanna, *Loud*, 4:04 (Explicit)**

Amazon, iTunes

**Bad Girl, Avril Lavigne feat. Marilyn Manson, *Avril Lavigne*, 2:55 (Explicit)**

Amazon, iTunes

**All At Once, Airborne Toxic Event, *All At Once*, 5:16**

Amazon, iTunes

**Rule the World, Walk Off the Earth, *Sing It All Away*, 3:25**

Amazon, iTunes

**Sympathy For the Devil, Rolling Stones, *Forty Licks (Disc 1)*, 6:19**

Amazon, iTunes

**Yer So Bad, Tom Petty, *Full Moon Fever*, 3:06**

Amazon, iTunes

**Dead Men Walking, Void, *The Angry Brigade*, 7:10**

Amazon, eMusic

**Bring Me to Life, Thousand Foot Krutch, *Welcome to the Masquerade*, 3:37**

Amazon, iTunes

**Opal, Adham Shaikh, *Fusion*, 8:18**

Amazon, eMusic

**Manju, E.S. Posthumus, *Makara*, 4:18**

Amazon, eMusic

**Just Breathe, Pearl Jam, *Backspacer*, 3:36**

Amazon, eMusic

## Quick Profile: Multiple Personality Climbs

Length	Cadence	Description
4:14	85	<b>Warm-up and Introduction</b> <b>C'mon Let Me Ride, Skylar Grey, 85 bpm</b>
3:33	99	<b>Warm-up, Leg Speed</b> <b>Hang Me Up to Dry, Cold War Kids, 99 bpm</b> Prepare legs for the upcoming climbs.
4:04	64	<b>First Climb: Pop</b> <b>S&amp;M, Rihanna, 128 bpm</b> Have fun, stand briefly on the "C'mon c'mon." Zone 3.
2:55	79	<b>Recover</b> <b>Bad Girl, Avril Lavigne feat. Marilyn Manson, 158 bpm</b>
5:16	71	<b>Second Climb: Indie Rock</b> <b>All At Once, Airborne Toxic Event, 142 bpm</b> Emotional. High Zone 3
3:25	82	<b>Recover</b> <b>Rule the World, Walk Off the Earth, 82 bpm</b>
6:19	58	<b>Third Climb: Classic rock</b> <b>Sympathy For the Devil, Rolling Stones, 116 bpm</b> Use the drums and lyrics ("whooh whooh") to help drive up the climb. Zone 4. Stand final 90 seconds, to Zone 5a.
3:06	90	<b>Recover</b> <b>Yer So Bad, Tom Petty, 90 bpm</b>
7:10	73	<b>Fourth Climb: Electronic</b> <b>Dead Men Walking, Void, 145 bpm</b> Use the power of the angry music to fuel attacks to breathless. Zone 4/5a.
3:37	88	<b>Recover</b> <b>Bring Me To Life, Thousand Foot Crutch, 88 bpm</b>
8:18	66	<b>Fifth Climb</b> <b>Opal, Adham Shaikh, 130 bpm</b> Focus inward. Zen climb. Just below threshold for entire climb. Zone 4.
4:18	80	<b>Cool-down</b> <b>Manju, E.S. Posthumus, 160 bpm</b> Jubilation, to celebrate the multiple personalities of each climb.
3:36	*easy*	<b>Cool-down and Stretch</b> <b>Just Breathe, Pearl Jam, 115 bpm</b>