

Schwinn® Indoor Cycling Class Design Sheet

CYCOLOGY: "INSPIRE" – stacey lei krauss www.staceylei.com

🌐 19 min. hill, 3 min descent, 14 min hill ♥ 2 opportunities for anaerobic: at 23min, 40min

Stage #	Music	Terrain/ Technique	RPM	Intensity	Elapsed Time	Total Time	Triple Link™	Dimensional Cueing	Mind/Body
1	<i>The Last Time: Gnarl's Barkley</i>	Seated Hill	70-90	Easy	:00-4:32	3:25	Goal: Get warmed up Feel: Easy Effort How Long: Once the song is over, you should be prepared to work out... like it or not ☺	Your intensity should feel comfortable while talking to your neighbor. When was the last time you were really inspired?	lyrics
2	<i>Underwater (Hydrogen Rockers Vocal Mix): Delerium</i>	Seated Hill	72	Medium	:00-3:00	8:15	Goal: "Never Miss a Beat" Understand your body & bike Feel: We will practice 3 zones How Long: Each interval will last approximately 1 minute	Allow yourself to settle in with your eyes closed, and really FEEL. This is the beginning of change, and transitions. *** When you FEEL your zone, give a thumb up.	Inspire (in•spire), verb 1. To affect, guide, or arouse by divine influence. 2. To fill with emotion 3. To stimulate to action; motivate; 4. To affect or touch:
			72	Hard	3:00-4:00				
			72	Easy	4:00-5:00				
			72	Med	5:00-6:00				
			Continue this spiral to end						
3	<i>Something New: The Black Ghosts</i>	Standing Hill	80-90	Med-Hard	:00-2:00	2:59	Goal: Learn standing hill technique Feel: Work Hard, and make it look good. move along! How Long: Last 90 seconds should feel strong in your legs	Look down at your position on the bike – be certain that you are organized and riding with integrity.	Allow yourself to be inspired by new songs, new techniques, new paths.
				Hard	2:00-3:35				
4	<i>Breathe Me (Mylo Remix): Sia</i>	CH freestyle to top	60-80	Med	:00-4:25	5:18	Goal: Learn combination technique Feel: Productive How Long: To the top of the hill	We are going to learn combo hill technique and	Physically: To breathe life into. 1. Inspire a balloon: enable it to fly. 2. Inspire needy lungs, enable breath / life..
5	<i>I Need To Wake Up: Melissa Etheridge</i>	Combo Hill (Freestyle)	70-90	Medium	:00-1:00	3:17	Goal: Pace yourself; getting to the top of the hill at race pace Feel: Anaerobic option at end How Long: Last: 20 seconds	What is inspiring you to change? This is your chance to put all your effort into one cause that you believe in. Be a change agent.	Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved." -Helen Keller
			70-90	Hard	1:00-2:15				
			70-90	Hard to AN-Aerobic !	2:15-3:17				

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6	Trust Me: Janis Joplin	SF (Descent)	70-80	Easy	No Changes	3:17	Goal: Recover, descent Feel: Easy How Long: 3:17	Who inspires you enough so that you can completely trust in them?	lyrics
7	My Piano: Hot Chip	Combo Hill	72	Med	:00-1:30	6:12	Goal: "Dirty Little Secret" drill Interval train: intensity and technique while climbing Feel: Medium to Hard, Seated and Standing How Long: :30 on, :30 off	Are you inspired to "come clean?" Does paying it back inspire you do be a better person?	Zone 3 (30 seconds) if you: 1:30-2- indulged in something this weekend 2:30-3 lied about your weight 3:30-4 lied about your age 4:30-5 ever had a crush on someone you shouldn't 5:30-6 acted on that crush ☺
			72-80	Hard	1:30-2:00				
			72	Med	2:00-2:30				
			Continue :30x30 to end of song						
8	Angelicus: (Morgan Page Remix): Delerium	Combo Hill	72	Med	:00-1:30	7:54	Goal: Interval train: intensity and technique while climbing Feel: Medium to Hard, Seated and Standing, Anaerobic option at end How Long: :30 on, :30 off, last 45 seconds give 100%	Are you inspired to be part of something bigger than you? Ride with your team, ride hard. Take a stand on your own.	Explain 1-2:00 Alternating speed / climb: 2:00-2:30, 3:00-3:30 switch 4:00, 5:00 TEAM choice 6:00-6:30 PEOPLE'S CHOICE: 7:15-8:00
			72-80	Hard	1:30-2:00				
			72	Med	2:00-2:30				
			Continue :30x30 to end of song						
9	Feeling Good: Nina Simone That's How I Know: D'Nell	Cool Down	<60	Easy into Cool Down and stretch	:00-9:00	2:53 5:26	Goal: Cool Down and stretch Feel: AMAZING and restorative!		