



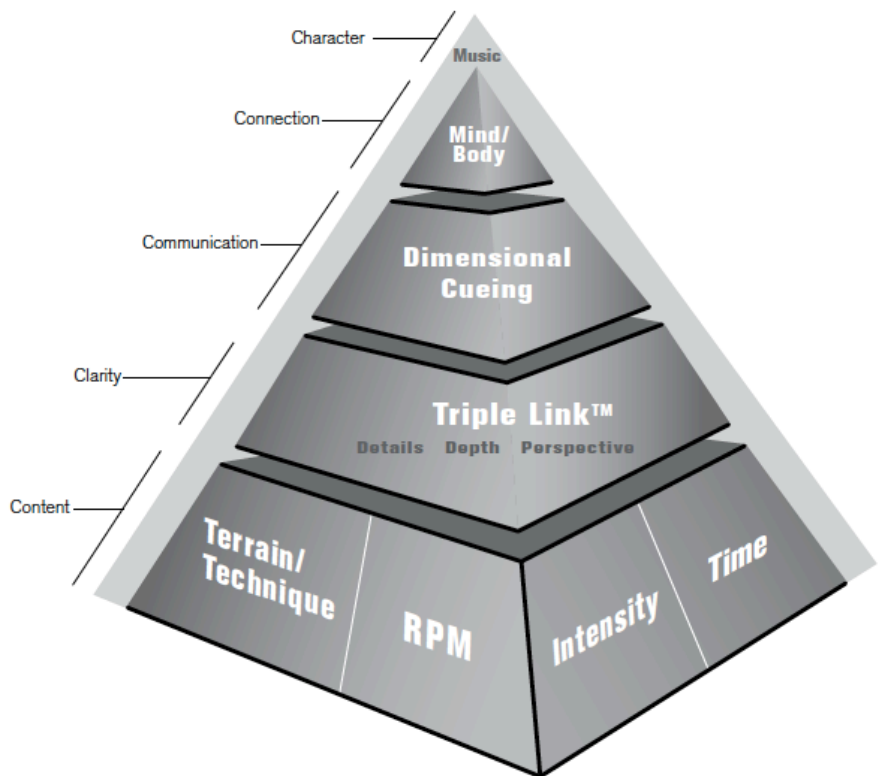
SCHWINN FITNESS

Schwinn® Cycling: Ride One, Get One FREE

Here's a ride well worth the price of admission! Expect an indoor cycling workout filled with world-class coaching, motivation, incredible energy and style. Then wipe the sweat from your eyes as your Schwinn® Master Trainer hands you not only one detailed handout with all the components of this ride broken down including music, cueing and imagery, but a second complete ride ready to go, for FREE. It's the ultimate cycling 2-for-1.

Schwinn® Cycling Coach's Pyramid

- Content
- Clarity
- Communication
- Connection
- Character



Trainer Take-Aways

- My Specialty
- What Takes Effort

The Ride

- The Backstory
- The Walk-Through
- What to Look For

There is such a thing as a FREE Ride!

- The Backstory
- The Walk-Through

Schwinn® Cycling: Ride one: “Interval Insanity”

www.helenvanderburg.com

Stage / Total Time	Music	RPM/ Terrain / Technique	Intensity / Elapsed Time	Triple Link/ Dimensional Cueing	Mind/ Body
WU 6:00	We found Love Rihanna	70-80 Seated Flat	Easy 0:00 3:00 Easy to Moderate 3:00 6:00	Gradually increase your intensity. This interval workout is structured with 2 stages of intervals with a recovery in the middle of each stage. Treat each interval set as the only interval stage you will do today.	Associative: Observe you heart rate and breathing rates as you adjust your resistance and cadence. Find the place that gives you comfort and what pushes you a little harder.
Stage 1 17:00	Run to you Bruce Springsteen(4:45) Dusty Base Aa. Vv.(7:00) Good Feeling Flo Rida(6:15)	70-80 Seated Flat 100/90 Seated Flat 80-90 Combo Hill	Moderate 0:00 0:30 VHard/ Moderate 0:30 4:00 Anaerobic 0:00 0:20 Moderate 0:20 1:00 Moderate 0:00 1:00 Very hard 1:00 1:45 Moderate 1:45 2:30 VHard/ anaerobic 2:30 3:15 Moderate 3:15 4:00 VHard/ anaerobic 4:00 4:45 Moderate 4:45 5:30	Interval set: 1:00/15, 45/15, 30/15, 15/15. Work just below threshold on each work phase. Team play interval: 20/40. On each work phase observe your wattage. What is the biggest number you can get? Can you repeat it on the next work interval? Individual intervals. On the first 45 second interval try to cover the greatest distance. Challenge it on the second interval to go further.	Dissociation: 3 teams each are challenging to produce the most power on each interval set.
Recovery 3:20	Sexy and I know it(LMFAO)	70-80 Seated Flat	Easy/Moderate 0:00 3:20	Recover.	
Stage 2 17:00	Without you David Guetta Remix (7:00) Sweat FP music cycle 16 (3:00) Don't hold back YES cycle pack(3:00) Rock it (4:00)	70-80 Combo Hill 70-80 Combo Hill 80-90 Seated Flat 90-100 Seated Flat	Very Hard 0:00 1:30 Moderate - Hard 1:30 2:30 Very Hard 2:30 4:00 Moderate-Hard 4:00 5:00 Very Hard 5:00 6:30 VHard/Anaerobic 0:00 3:00 Hard 0:00 1:45 Very Hard 1:45 2:30 Anaerobic 2:30 3:00 Moderate/Hard	Alternate between intervals of standing to seated. Each standing interval is 1:30. Each seated is 1:00. 3 X 45/15 Work at the highest intensity your feel you can without going breathless. Observe your wattage. Push the last 30 to anaerobic. Observe you wattage. One last effort to beat the highest wattage you have had all class.	Dissociation: The music guides the intervals. Allow the music to be a distraction for this set.

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Schwinn® Cycling: Get one free (all flats/ all hill)

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Stage / Total Time	Music	RPM/ Terrain / Technique	Intensity / Elapsed Time	Triple Link/ Dimensional Cueing	Mind/ Body
WU 6:00	Summer Rain ATB The DJ3	70-80 Seated Flat	Easy 0:00 3:00 Easy to Moderate 3:00 6:00	Prepare for the ride ahead. Observe how your body feels and the energy you have to give to the ride today.	
Stage 1 16:00	Dark Emotion Discovery Remix(8:00) Party Rock Anthem Aa. Vv.(4:20) Tribal Fly YES Cycle pack (6:30)	80-90 Seated Flat 80-90 Combo Flat 90-100 Sprint	Moderate 0:00 2:00 Hard 2:00 4:00 Very Hard 4:00 6:00 Threshold/ Anaerobic 6:00 8:00 Hard/ moderate 0:00 4:20 Anaerobic/ easy 0:00 0:15 Repeat	Gradual increase in intensity to explore the cardiovascular training zones. Partners share the road. 1:00 each Personal challenge: 15/15X15	
Stage 2 10:00	Strung Out Jacatta	70-80 Combo Hill	Moderate/ Hard 0:00 10:00	This is a moving meditation. Ride in the middle to upper range of your aerobic training zone and build your internal strength.	Dissociation: Imagine you are alone on a climb that has been put before you to battle the voices in your head.
Stage 3 14:00	Dynamite Taio Cruz/ mixdown 2011(3:45) Hey Baby FP music cycle 16 (3:50) Crazy Seal remix(5:20)	90-100 Combo Hill 70-80 Combo Hill 60-70 Seated Hill	Hard 0:00 3:45 Hard/ Very hard 0:00 3:50 Moderate 0:00 2:00 Hard 2:00 3:00 Very Hard 3:00 4:00 Anaerobic 4:00 5:00	Steady state: hold an intensity or wattage through the entire climb Fartlet training: random intervals Each minute of this climb increase the intensity to gradually take you to your best performance in this class today!	
Cool down	Trouble Cold Play (4:00)				

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