Schwinn® Cycling: Tabata Trek

Ready for an interval explosion both ON and OFF the bike? This workshop is based on the industry's newest results-focused training technique – High Intensity Interval Training – but it involves more than just pedaling! Break up the ride with work and recovery sets next to the bike, in addition to the anaerobic cycling pushes you love. Experience top-notch Schwinn Cycling coaching combined with a new approach that will inspire you to mix it up in your own classes.

The Science

- True Tabata
- Tabata for the rest of us
- Differentiation and incorporating both types

The Story

- Work and rest intervals
- On and off the bike training
- How many true Tabata's can you really do?

The Structure

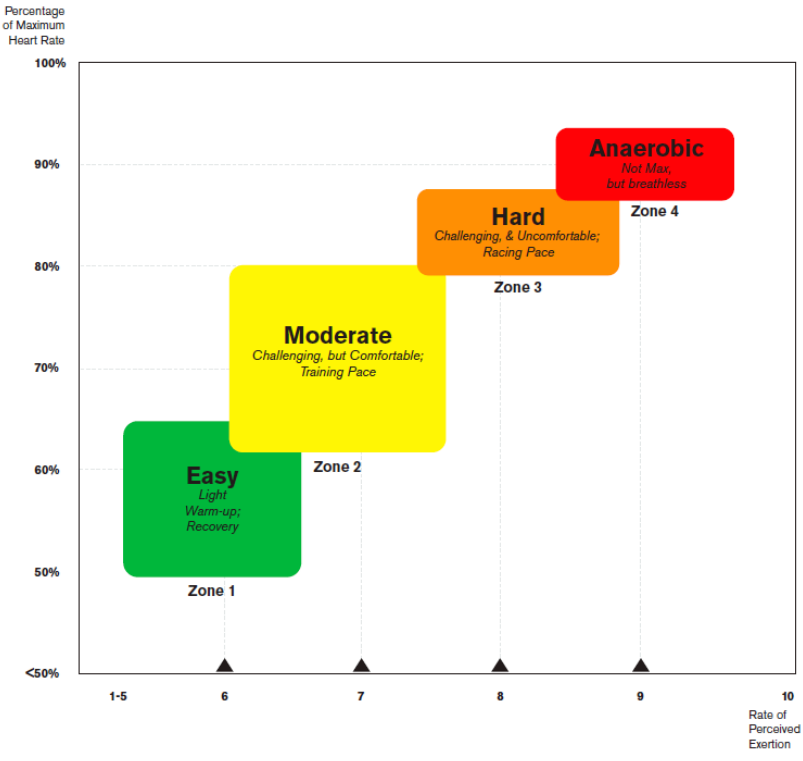
- Tabata timing warm up
- Hard, harder, hardest, over the top
- Hard to hardest
- Off the bike options

The Scoop

- Mentally doable
- Physical change

The Scene

- Timing play
  - True Tabata
  - Tabata type
  - Tabata timing
- Recover
- Equipment – with or without?
- Space or no space?
- Shoes and apparel



Schwinn® Cycling: Tabata Trek Sample Workout

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Stage / Total Time	Music	RPM/ Terrain/Technique	Intensity / Elapsed Time	Triple Link/ Dimensional Cueing	Mind/ Body
1 7:02	The Next Episode (Instrumental)/Dr. Dre (2:41) Out On the Town/Fun. (4:21)	80-90 Seated Flat 60-80 Combo Hill	Easy 0:00 1:00 Moderate 1:00 2:41 Moderate 0:00 0:50 Hard 0:50 1:20 Moderate 1:20 2:10 Hard 2:10 2:40 Moderate 2:40 3:30 Hard 3:30 4:00 Moderate 4:00 4:21	***7 major stages of work + Cool down and stretch. Stages 2,4 & 6 are the hardest, are all flat roads and get harder from stage to stage. Stages 1, 3, & 5 are all moderate hills. Stage 7 is the hardest hill you'll climb today & it will leave you breathless.*** *If you've left Easy and found moderate, you should feel it in your breathing.* *3 Hard Pushes @ 30 sec each w/alt. moderate pushes @ 50 sec each*	Associative: Warm-up cues, starting at the feet and moving up the body, & breathing cues. Find a perfect wattage range for Easy, Moderate & Hard.
2 6:06	All of the Lights (Interlude)/Kayne West (1:02) Even Flow/Pearl Jam (5:04)	80-100 Seated Flat 80-100 Combo Flat	Easy 0:00 1:02 Hard 0:00 2:00 Easy 2:00 3:00 Hard 3:00 5:00	Two opportunities to work to threshold for 2 min w/1 min of easy recovery between	Dissociative: Flat road straight away pick up a riding buddy in the middle (someone that needs you)
3 3:29	Get the Party Started/Pink (3:29)	60 Combo Hill	Moderate 0:00 3:29	Sit and Stand with the energy of the music – playful hill – hit the reset button	Associative
4 5:31	Body Movin' (Fatboy Slim Remix)/Beastie Boys (5:31)	80-100 Combo Flat	Moderate 0:00 0:31 Hard 0:31 2:31 Moderate 2:31 3:31 Hard 3:31 5:31	Two opportunities to work to threshold for 2 min w/1 min of moderate hold between	Dissociative: Flat road straight away - pick up one more riding partner in the middle (someone that motivates you – Coach?)
5 3:30	You Shook Me All Night Long/AC/DC (3:30)	60 Combo Hill	Moderate 0:00 3:30	1st half seated/2nd half standing – Prepare for the hardest stage of the ride	Associative
6 6:47	Paradise City/Guns N' Roses (6:47)	80-100 Combo Flat	Moderate 0:00 1:21 Hard 1:21 5:21 Anaerobic 5:47 6:47	Pure Build of Intensity – Hardest stage of the day – Longest amount of time @ threshold & first anaerobic push of ride.	Dissociative: Flat road straight away - pick up one more riding partner in the middle (Your personal VIP)
7 4:37	Ali In the Jungle/The Hours (4:37)	60-80 Combo Hill	Moderate 0:00 1:25 Hard 1:25 4:00 Breathless 4:00 4:37	*Can you progressively build intensity to breathless?* *It's not how you start, it's how you finish!*	Associative
CD 4:02	Just Give Me a Reason (feat. Nate Ruess)/P!nk (4:02)	60-80 Seated Flat N/A Stretching Off Bike	Easy 0:00 2:00 Easy 2:00 4:02	*RECOVERY & Stretch cues*	Associative: Focus on your breathing and your intensity Dynamic Stretching