



# 2020 Schwinn® Set the Stage Workshop

**Total Time:** 50 min

**Big Picture/Description:** Each stage starts with an easy/moderate/hard 5 min hill followed by a variety of intelligent breathless/easy intervals. Finish each stage with rhythmic recoveries. Repeat 3 times focusing on good, better, best. Rockin Repeats & Power Challenges will test your mental toughness. Set the Stage for your riders & drive performance!!

The FRAME Music	The CORE				The FRAME Coaching/Motivation
	Stage/ Time	Intensity/ Time		RPM/Technique	
In the Air – <i>Morgan Paige</i> (5:06)	Warm UP 5:21	Easy	0:00 -2:00	60-90	Seated/Standing
		Moderate	2:00 - 5:06		
Rope (Deadmau5 mix) - <i>Foo Fighters</i> 5:51	Stage 1 13:00	Easy	0:00 – 0:59	60-70	Seated
		Moderate	1:00 – 3:00		
		Hard	3:00 – 5:00	Standing	
		Breathless/Easy	60/60 x 3	60 - 90	Seated/Standing
Bad (Afrojack Mix) <i>Michael Jackson</i> 7:30	Easy/Mod	Verse/Chorus		60-80	Combo
		Easy/Mod	Verse/Chorus	60-80	Combo
Jackie Chan - ( <i>Feat Post Malone</i> ) <i>Tiesto</i> 3:35	Stage 2 13:00	Easy	0:00 -0:52	60 - 70	Seated
		Moderate	0:53 – 2:53		
		Hard	2:54– 4:54	Combo	
		Breathless/Easy	60/45 x 3	60 - 90	Seated/Combo
Breakin a Sweat (Zedd Remix) – <i>Skrillex &amp; The Doors</i> 5:30	Easy/Mod	Verse/Chorus		60 - 80	Combo
		Easy/Mod	Verse/Chorus	60 - 80	Combo
One Kiss – Calvin Harris feat. <i>Dua Lipa</i> 3:33	Stage 3 13:00	Easy	0:00 – 0:44	60-70	Seated
		Moderate	0:45 – 2:45		
		Hard	2:46 – 4:46	Rider Choice	
		Breathless/Easy	60/30 X 3	60 - 90	Seated/Standing
Body (PBH & Jack Shizzle Extended Mix) – <i>Loud Luxury</i> 4:56	Easy/Mod	Verse/Chorus		60 - 80	Combo
		Easy/Mod	Verse/Chorus	60 - 80	Combo
Tribal Techno Returns 001 - <i>Thomas Will</i> 5:53	Cool Down 4:11	Easy	NA	NA	Seated
		Easy	NA	NA	Seated
Hold my Hand– <i>Jess Glynne</i> 3:46	Easy	Verse/Chorus		60 - 80	Combo
		Easy	NA	NA	Seated
Rise Up – <i>Andra Day</i> 4:11	Cool Down 4:11	Easy	NA	NA	Seated

**Observation:** Review console. Observe Power number. Set game plan and set up proper riding technique. Who's ready for some Rocking repeats, Intelligent Intervals, rhythm recoveries? Time to Lather, Rinse, Repeat! Turn to your neighbor and say, "Let's do this!"

**Observation:** Total distance on 5 min Easy/Moderate/Hard hill.  
Even-Steven 1 minute Anaerobic/Easy intervals.  
**Goal:** Establish Good hill distance and Max wattage on the intervals, average wattage on Rhythm recovery  
**Good/Lather**  
Tell your riding buddy "Good Luck and let's raise the bar together!"  
Establish good distance for 4 min moderate hard/hill.  
Set the bar for good results for 1 minute Even-Steven max wattage.  
Feel the Rhythm to actively recover. Tell your riding buddy "Solid start".

**Goal:** Meet or beat stage 1 total hill distance.  
**Observation:** Your Max power number  
**Better/Rinse**  
You are not tired...you're TRAINED! You had one round to practice, this one will be better!  
Rocking repeat for a better 5 min hill distance.  
Can you maintain the same max wattage number every effort as recovery time decreases?

**Challenge:** Beat last stage 2 total hill distance but only in 5 min Easy/Moderate/Hard hill.  
**Challenge:** Hit max power on one of the 3 anaerobic intervals with reduced 30 sec of recovery  
**Best/Repeat**  
"Saved the BEST for last!"  
Rocking repeat to meet distance on last 5 min hill.  
One minute on, only 30 off. You have 3 chances to hit your BEST max power. Go all in.

**Observation:** Average and Maximum power for the entire ride.  
Total Distance/Review ride  
It's not how you start.... it's how you finish. Rise up to every Challenge.  
Give your riding buddy a "High 5!"

<https://open.spotify.com/playlist/3GjJqxLVR8prZ57IhtZlZ?si=VVDOE6shQaOZlrZllikB1Q>

<http://corehandf.com/>