

Schwinn® Indoor Cycling Ride or Die Class Design



Total Time: 50 min

Big Picture/Description: Each stage starts with a steady moderate effort to set you up for success for a 3-minute hard distance challenge followed by a variety of community building Anerobic intervals. Each stage ends with rhythmic recoveries. Build your aerobic base then push for max power to test your mental toughness. Are you ready to Ride or Die with your Tribe?

The FRAME Music	The CORE				The FRAME Coaching/Motivation
	Stage/ Time	Intensity/ Time		RPM/Technique	
Warm UP	Easy	0:00 -2:00		60-90	Seated/Standing
	Moderate	2:00 - 5:00			
Stage 1	Easy	0:00 – 0:30		60-70	Seated
	Moderate	0:30 – 2:30			
	Hard	2:30 – 5:30			
	Breathless/Easy	15/15 30/30 45/45 30/30 15/15		60 - 90	Seated/Standing
	Easy/Mod	Verse/Chorus			
60-80	Combo				
Stage 2	Easy	0:00 -0:30		60 - 70	Seated
	Moderate	0:30 – 2:30			
	Hard	2:30– 5:30			
	Breathless/Easy	60/60 x 3		60 - 90	Seated/Combo
	Easy/Mod	Verse/Chorus			
60 - 80	Combo				
Stage 3	Easy	0:00 – 0:30		60-70	Seated
	Moderate	0:30 – 2:30			
	Hard	2:30 – 5:30			
	Breathless/Easy	Quarter Mile Relays		60 - 90	Seated/Standing
	Easy/Mod	Verse/Chorus			
60 - 80	Combo				
Cool Down	Easy	NA		NA	Seated

Culture: Review console. Observe Power number. Set game plan and set up proper riding technique.
Community: Who's ready for some Rocking repeats, Intelligent Intervals, rhythm recoveries? Time to Ride or Die with your Tribe. "Let's do this!"

Culture:
Observation: Total distance on 3 min Hard challenge.
Goal: Establish a base distance that you will meet or beat 2 more times without going breathless.
Challenge: Be within 10% of your max wattage on every push
Community:

- Tell your riding buddy "Good Luck and let's raise the bar together!"
- Attack the ladder with your team while the other side cheers you on. We are stronger together!
- Feel the Rhythm to actively recover. Tell your riding buddy "1 Down 2 to go".

Culture:
Observation: Look at your distance from Stage 1, 3-min hard challenge.
Goal: Meet or beat Stage 1, 3-min hard distance.
Challenge: Match your max wattage on every effort breathless effort.
Community:

- Tell your riding buddy "That number has nothing on you – you're gonna crush that distance!"
- Pick your Squad...Team Gaga or Team Madonna. Harness the power of your sprit songstress for 1-minute breathless efforts x 3. When she's on the mic you're ALL IN!
- Test your mental toughness and match your max power on every effort.
- Enjoy this rhythmic recovery. Tell your riding buddy "just one stage left!"

Culture:
Observation: Look at your distance from Stage 2, 3-min hard challenge.
Goal: Meet or beat Stage 2, 3-min hard distance.
Challenge: How many times can you pass the baton with your partner on a Quarter-mile breathless push?
Community:

- "Saved the BEST for last!" You are not tired...you're TRAINED! Make this your best 3 min effort! Turn to your riding buddy and say, "Let's do this!"
- It's time to race and find out who's the strongest relay team. You've got 3 minutes...how many times can you pass the baton? Let's see some Squad Goals!!!

Culture: Review Ave/Max power for the ride. Total Distance/Performance Review.
Community: It's not how you start.... it's how you finish. Rise up to every Challenge. Give your riding buddy a "High 5!"

<http://corehandf.com/>

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Schwinn Indoor Cycling
Official Site



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