

Schwinn® Cycling: World Class Coaching

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Set #	Total Time	Song Title/ Artist	Riding Technique	RPM	Set Description	Timing Ratio	Mind/ Body*	Notes
1.	7:41	Music Inferno - Madonna	Seated Flat	70 – 90	Steady Zone 1 into Steady Zone 2	Gradual throughout song	A	
2.	6:38	Don't Stop The Music (The Wideboys Club Mix) - Rihanna	Combo Hill	60 – 70	Steady Zone 3 into Steady Zone 4	5:05/1:33	D	
3.	2:52	Shut Up and Let Me Go - The Ting Tings	Seated Flat	70 – 90	Steady Zone 1 into Steady Zone 2	Gradual throughout song	A	
4.	3:05	Like She'll Always Be - Jimmy Eat World	Seated Flat/ Sprint	70/ 100	Intervals Zone 4/ Zone 1/ Zone 4	1:03/ 1:00/ 1:02	A	
5.	4:03	A Praise Chorus - Jimmy Eat World	Seated Flat/ Sprint	70/ 100	Intervals Zone 1/ Zone 4/ Zone 1/ Zone 4	1:10/ 1:05/ :50/ 1:00	A	
6.	3:05	Time After Time - Quietdrive	Seated Flat	70 – 90	Steady Zone 1	N/A	A	
7.	5:50	Common People - Pulp	Combo Hill	60 – 80	Steady Zone 2 into Steady Zone 3 into Steady Zone 4	Increase each minute with speed of music	D	
8.	2:55	Glad You're Here - Macy Gray	N/A	N/A	Cool down	N/A	A	

Notes:

*Mind/Body Technique

A = Association; Connecting the mind and body by bringing awareness to the physical effects of the work performed

D = Dissociation; Moving the mind away from the effects of physical work to focus on a visual image, verbal mantra, a song's lyrics, etc.