

## Schwinn® Cycling: Instant InterACTION!

Warning! This is not a class! It's a list of examples! Choose just 3 or 4 interactions and add them to your current rides. ☺

Set # Total Time	Song Title/Artist	Riding Technique	RPM	Set Description/ (Timing Ratio)	M/B*	Notes
1. 7:00	Sunrise/Simply Red (6:58)	Seated Flat	75-80	Steady Zone 1 (3:00) Steady Zone 2 (4:00)	A	<b>Group/SHARE</b> "Who is itching for anaerobic work today/happy to stay at threshold?" <b>Individual/COMPARE</b> 4 riders...match coach's cadence/effort? <b>Group/COMPARE</b> Group...match cadence/effort of 4 riders?
2. 10:00	The Love You Save/Jackson 5 (3:04) Thriller/Michael Jackson (5:11) Black or White/M. Jackson (3:23) Off the Wall Remix/M. Jackson(7:49)	Combo Hill	70	Intervals Zone 2/4 (extensive intervals)	A/D	<b>Teams/COMPETE</b> Hill Challenge: Divide class into 3 teams based on personal preferences, coach directs "real life intervals" based on what he sees; Zone 4 attacks out of the saddle, Zone 2 in the saddle...only one team can win!
3. 2:30	Little Bird, Little Bird/ Elizabeth Mitchell (2:28)	Seated Flat	90-100	Steady Z1	A	<b>Individual/SHARE</b> Monday Commitments/Friday Confessions! "How many workouts do you plan to get in this week/How many workouts did you get in this week?"
4. 11:00	Waiting 4/Peter Gelderblom (7:08) Ocean Sounds/Cassette (:39) Highly Strung/Bond (3:29)	Seated Flat	75-85	Intervals Zone 2/3 Steady Zone 4 (:11-1:11)(1:11-2:08) (2:08-3:17)	A/D	<b>Partners/SHARE</b> 3 partners/3-5 pushes into Zone 3. One rider gets to hang back in Zone 2 each time... <b>Partners/COMPETE</b> 1:00 Zone 4 each...who wants to go first, second, or bring it home?
5. 2:00	Arrival/Sting (1:40)	Seated Flat	90	Steady Z1	A/D	<b>Individual/SHARE</b> "If you just faked your Zone 4 minute, tell your coach!"
6. 5:00	Shine/Tim Timmons (3:32) You Are Still/ Roy Schenkenberger (3:51)	Combo Flat	80	Intervals Zone 1/? Verse/Chorus 3 x :25	A/D	<b>Partner/COMPETE</b> Partners challenge to "Shine" <b>Individual/COMPETE</b> Coach partners with one student <b>Partner/SHARE</b> How "Shiney?" Scale of 1-10...
7. 10:00	Clocks/Vitamin String Quartet (5:02) Whoomp! (There It Is) House Mix/Tag Team (4:36)	Seated Hill Combo Hill	70	Steady Zone 2 into Steady Zone 3 or... Intervals Zone 2/3	A/D	<b>Teams/COMPARE</b> "There's more than one way to climb a hill..."
8. 3:30	All I Want to Do/Sugarland (3:33)	Seated Flat	90	Steady Z1	A/D	<b>Group/SHARE</b> -Which way did you like your hill best? -If you could give the Yellow Jersey to anyone today, who would it be? -What's one interaction you can do in your next class?

**DOWNLOAD THIS DOCUMENT AND OTHER TEACHING RESOURCES AT:**

[www.JulzArney.com](http://www.JulzArney.com)

<http://www.julzarney.com/choreography/index.html>

### \*MIND/BODY TECHNIQUES

**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.