







MASTER THE MUSIC

Feel the Music
Pulse, Cadence & Intensity




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What is Rhythm?

- The Flow of Movement
- Strong vs. Weak
- A pattern of beats

The Pulse...




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Feeling the Music – The Pulse

- What does it make you feel?
- How does it make you move?
- Rhythm vs. Cadence

Deciding on the cadence can be different based on how you hear the rhythm and what you decide to use the music for.



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Feeling the Music – The Pulse

Time for a Rhythm AudioTopsy!
audio-top-sy/ 'ôd-ee-o-tâpsē/
Noun: A postmedia examination to discover the cause of funk, groove or the extent of uncontrolled rhythmic body movements.




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Feeling the Pulse

Rhythm vs. Cadence

Music that is 60 BPM could also be counted as 120 BPM
60 BPM increasing to 120 BPM is called "Double Time"
120 BPM decreasing to 60 BPM is called "Half Time"




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BPM or RPM

- Beats per Minute / Rotations per Minute
- Determine RPM by counting 1 Leg.
- Determine the RPM of music by counting the pedal rotations of 1 leg for 15 seconds and times by 4.
- Start counting at ZERO!

Or BPM Detection Software


- Cadence
- beaTunes
- bpmWidget (Mac)



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The Physiological Effects of Cadence?


- A cadence between 80 to 120 RPM can place greater stress on the aerobic system
- A cadence between 50 to 80 RPM can place greater stress on the muscular system
- ~80 RPM is a good cadence for recovery efforts



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Intensity. Emotion. Motivation.


- Choose music based on Intensity and Emotion. What is it...it Depends.
- Use Music Structure to Your Advantage
 - Use the chorus and solos for more intense efforts like intervals, accelerations and attacks
 - Use quiet / soft sections of music to give reminders such as breathing and relaxing
- Vary Music Styles
 - Don't be afraid to use different styles of music that better captures the emotion of your drills such as Rock for hard sections, Trance for mind-body climbs and Yoga Rhythms for cool-down and stretching.



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If the Music Fits...


- You Can't Please Everyone, but...
- If your music "fits" the drills (cadence and intensity), people will forgive your music style and pay more attention to the workout



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Instrument vs. Vocal Music

- Use the music that fits your **style** or the **purpose** of the workout
- Instrumental music can be better choice for the warm-up because it allows you to give instructions without competing with vocals
- Vocal music can make race days more exciting (particularly live versions with crowd noise)
- **NOTE:** It is more important that the music tempo (cadence) and intensity fit your purpose before choosing between instrumental vs. vocal.



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Cue the Drills Manipulate Music and Time



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Lead Riders In and Out

- Set riders up for success by letting them know when a drill or effort is about to begin and when it will end
- **Count them in:**
“We will start in 4...3...2...1...”
- **Count them Out:**
“Almost there 4...3...2...1...”

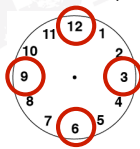



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Master the Clock

- But don't let the clock master you.
- Start and end efforts on the quarters (12, 3, 6, 9)
- Always default to the rhythm over time (clock)

For example, if you are counting down a drill that looks like it will not end on the intended quarter, it is better to go with the rhythm when counting, even if you may end 2-4 seconds early or late.






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Time Checks on Tough Challenges


- If you are asking your riders to work hard over a long period of time, provide motivation through intermittent time checks
- “You’ve got 1 minute, 45 seconds, 30 seconds, 20 seconds, 15 seconds, 10... 4...3...2...1...”



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Nothing but Music


- Give your riders time to just ride to the rhythm – no cues. How long can you go without talking (60+ seconds?) Just the road, the bike, and themselves.
- Use recovery sections to explain and setup the next effort to decrease cuing during the drill



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Voice Inflexion

- Get dramatic!
- Whisper during intense sections
- Volume and Intensity
"4...3...2...1..."
- Count on the off-beats or slow to create intensity
- Teach without the music to hear riders breath



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Techie Stuff



Sound and Software



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Master the Sound System

- Nothing can mess up your "rhythm" like a sound system
- A picture is worth a thousand settings
Take a picture of how your stereo is setup so you have it as a reference if one day everything is messed up.
- Walk around the room as you instruct to hear what your riders are hearing
- Always have backup (MP3, CD, Batteries, Cables)



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[Music Tips]

Don't Mix Everything

- Be careful if you put songs together or make a continuous mix (for example 4 songs mixed as 1 mpg), you may have to start the music in different places
- **Oops or Sorry I'm Late**
Make sure you can select individual songs in your playlist in case you have to start 5 to 10 minutes into the class or have a technical problem
- **Print Your Playlists**
Your riders may want to know the names of songs and artists



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Tools for Working with Music

Finder Other Music You May Like

- Some software has options to search for other music of the same type or genre
For example "Listener's Also Bought"



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Tools for Working with Music

Create a Workout Builder

- Sort Music by category or folders that indicate Type (recovery, climbs, sprints, etc.), Styles (rock, trance, etc.)



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Tools for Working with Music

Save UNPURCHASED Music

- Drag music directly from the iTunes Store to your playlists to purchase later.
- Build a huge library of "potential" music and sort it to find it quickly and easy.



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[Music Tip]

Often times we download music (after listening for only 30 seconds) and realize the song doesn't work . Use these "dud" tracks for Pre-Class music.

Set the mood
Adjusting the lighting and putting on Pre-Class music 15 minutes before class.

Don't Forget about them...
If you get fancy and start doing your own music editing/mixing, go back to your Pre-Class music and grab some cool rhythmic sections



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Tools for Working with Music

MixMeister

- Easily mix (cross fade) music, change tempo, remove (reverse) language.



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[Music Editing Tip]

“What da...”

REMEMBER: if you change the speed/tempo of music, it will change the length of the song.

Make the tempo **Faster** – song gets **Shorter**

Make the tempo **Slower** – song gets **Longer**


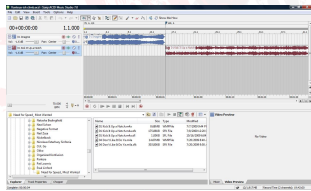


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Tools for Working with Music

Sony ACID Music Studio

- Advanced mixing and editing
- Create your own music.



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Tools for Working with Music

SoundTaxi

- Unprotect DRM Music
- Convert music to other formats.
MP4 to MP3, etc.



