

Created by **Tom Scotto / Cycling Fusion**
 Total Class Length: **60 minutes**

PROFILE DESCRIPTION / OBJECTIVE

This profile was designed to demonstrate how a class focused on biomechanics could be presented, as well as, explore muscle engagement and leg speed.

THE MUSIC:

Song Title	Time	BPM	Artist	Focus
Funkalicious	4:19	92	Alex Cortiz	Warm-up
Double Agent	7:06	110	Ninja Kodou	Spin-ups
Spoonful of Air	3:02*	90	Alex Cortiz	Recovery
Constellation Communication	8:43	60	David and Diane Arkenstone	Muscle Engagement – Explore
Black Blood	7:30	56	Bah Samba	Muscle Engagement – Drills
Spoonful of Air (Repeat)	3:02*	90	Alex Cortiz	Recovery
Masai Mara	5:08	110	David Arkenstone	30sec Speed Intervals
Spoonful of Air (Repeat)	3:02*	90	Alex Cortiz	Recovery
Aurelia’s Return	8:28	70	Jason Sean	Resistance Loading Intervals
Wonderful	5:16	89	Alex Cortiz	Cool-down
The Colors of the Wind	4:35	60	David Arkenstone	Stretch

* Instead of trying to find 3 to 4 songs that are the exact length I need for recovery, I use one song and make it my “recovery theme music”. I let everyone in class know that whenever they hear this song, they should be in recovery mode. I found this to be a more effective use of music since, with my “coaching” style of teaching, I often turn down the music during recovery and talk over it to prepare riders for what’s ahead.

I also use music editing software such as Sony Acid Pro and MixMeister to shorten and fade the songs at the appropriate length (i.e. 2:00, 3:00, etc.)