

Explosive Training

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

PROFILE DESCRIPTION / OBJECTIVE

This profile was designed to explore an assortment of explosive efforts including Form Sprints used to teach proper form and technique to work around indoor bike limitations and emphasize safety.

THE MUSIC:

Song Title	Time	BPM	Artist	Focus
Undubstand	7:27	93	Blackfeet	Warm-up
Déjà vu	6:19	89	Alex Cortiz	Warm-Up Accelerations
Chamber 606	5:52*	80	Alex Cortiz	Recovery (2:00)
Everybody Needs a 303	5:50	64	Fatboy Slim	Form Sprints
Chamber 606	5:52*	80	Alex Cortiz	Recovery (3:00)
Stones	4:12	86	Sal Difusco	Criterium Sprints
In The Land of Shadow	4:22*	67	David Arkenstone	Recovery (3:00 – edited to add 30 seconds of silence to the beginning and faded at 3 minutes)
Set if Off	6:03	82	Thousand Foot Krutch	Explosive Attacks
Chamber 606	5:52*	80	Alex Cortiz	Recovery (3:00)
Ascendance SH	9:22	70	Zetan Spore	Climbing Attacks
Afterworld	4:51	89	Alex Cortiz	Cool-down
Mountains of the Moon	6:00	54	David & Diane 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.)