



161 of the BEST Indoor Cycling Songs And Tips on HOW to Teach Them!

From readers at www.indoorcycleinstructor.com

With special thanks to:

Barbara Hoots & ICI/PRO member Charles Farrow for putting this list together for us all to use!

Sadness (U.S. Violent Mix) – Nine Inch Nails vs Enigma

Establish a seated climb for about 4 minutes, adding gear shifts as you progressively load in the saddle. At 4:15, when you hear Trent Reznor's evil laugh, get out of the saddle, throw on more resistance and attack.

Let the Sun Shine (Rocco and Onno Mix) - Cevin Fisher/Scumfrog

Great tribal beat! Listen for two distinct intervals, each about 2-3 minutes. The music will be your guide as the intensity builds. After the first interval, recover in the saddle as the music gets quiet, great for coaching, and then prepare for the second interval, looping around to repeat the same hill while increasing the exertion.

Riders on the Storm – Creed

Amazing cover song with chilling sound effects. This powerful climb can be broken into two intervals, about 2 minutes each, or one long grinding climb to the summit.

Fast Car (Ryder 2006 Mix) – Hellbent

A fun seated flat for speed intervals. As the music explodes, step on the gas! It's a little Knight Rider-ish but a great Finish Line song. I ask my students, "Do you have a fast bike? "

Switch On – Paul Oakenfold

Big swells with enormous build up and intensity of music. Perfectly defined intervals.

Stranglehold – Ted Nugent

The version from Double Live Gonzo is 8:25 long. The perfect “H” level (74 rpm) climbing song.

It starts seated while everyone finds the cadence to match the song, then we add load until A: we can no longer maintain the cadence & a smooth pedal stroke or B: to maintain the cadence

you are forced to stand...not to be confused with being able to stand...and then we work through the changes in intensity. Done properly it will have your students just over Threshold.

Enchantments - Peter The Zouk

This song, without fail, lights up the pedals. In Moving Mountains, I actually let them come out of the saddle for a saddle break and to ride the energy of the song for awhile (a little over a minute standing – but we must return to our goal of sitting the climb). I do this after the following lyrics (the few there are), which are amazing.

Flaming June – BT

Great for a climb, though lately I’ve used it for endurance, too. It’s instrumental and gives us a chance to concentrate and follow the rhythm. There are several mixes of the song – Tiesto does a very nice one.

Drown in the Now – Crystal Method featuring Matisyahu

Great song for jumps, or as close to jumps as I get. Leading up to the start of this track I have them on a flat with a little headwind for about 2 minutes then, as the song starts to build in intensity, add enough resistance so you can match the track’s tempo. Come up for a standing climb for 1 minute, then back in the saddle, keeping resistance and cadence. Hold it for 1 “30”

and back up again for another minute. Down again for another 1 “30” – OUCH!

The lyrics give some good coaching cues – “breathe in won’t you drown in the now” remember to breathe. Feel your legs working hard. You can use Mix Meister to speed it up a bit to about 120 bpm (for a 60 rpm climb)

Out of Body Experience – Rabbit in the Moon (off the comp. Northern Exposure)

Good song to focus on relaxing and making nice smooth revolutions. The track has many layers of rhythm so it’s a good one for long flats. I tell my group to listen to the music and find the layer that calls to them. Relax in to it, save all your energy for your legs, make it smooth and breathe. There’s a little “ouch” sound in the track and every now and then I’ll use the song for a long, slow seated climb and echo the “ouch.” That usually gets a smile and gives the group something to anticipate – other than the ending of the 5 minute seated climb that is :)

Tikal - E.S.Posthumus

Unstoppable – E.S. Posthumus

Nineveh - E.S.Posthumus

Menouthis - E.S.Posthumus

As we approach THE WALL, these powerful songs by E.S.Posthumus would get them to the top.

Viva (Orion mix) - Bond

To cross the finish line

Dark and Long – Underworld

I use it for a fast flat. I really like to stick it into a Crit profile. Midway through the song, the music lowers a bit and crowd noise can be heard. I tell my riders that the crowds are cheering for them as they complete another loop of the course.

Editors – Papillion

I'm not an instructor, but when I play this on my Ipod while riding I always go faster!

Ojos Asi – Shakira

My instructor played this on a higher pitch and it was absolutely amazing!

My Favourite Game – Cardigans

Good, up-tempo feel good song.

Proud Mary – Tina Turner

The first part is slow and a recovery from the song before. I like to split the room into two groups, and at the 2:20 mark Group 1 goes all out for 30 seconds. The begin Group 2 for 30 seconds. It has become a signature song for me and I end many classes with this song. Everyone groans because it is a butt kicker, but they love every minute of it.

This is How a Heart Breaks – Rob Thomas

Perfect for 25-30 seconds of all out, anaerobic sprinting. The music builds, then you bust loose with the effort. A nice little recovery section follows. Then you get to do it again...and again!

Note: Remixes of this song are awesome – Ford Club Mix speeds it up – Defibrillator mix slows it down to a grind. Check Amazon.com for the mixes.

Tetsujin – Matrix Revolutions Soundtrack

Surging intervals, high intensity training

Incantation – Quidam Cirque de Soleil CD

Born Slippy – Underworld

Good breaks to indicate terrain changes, finishing on a slow climb

8 Ball – Underworld (The Beach Soundtrack)

Moderate, consistent climb. Not a powerful climb, just somewhere in the middle of a very long climb, where you focus inward on your pedaling and breathing, totally in the moment.

Little Wonders – Rob Thomas

Favorite cool down song. I let the class know that I'm not going to talk anymore and that they should just focus on the words of the song...

Africa – E-Type

Far Up in the Air – E-Type

Alive – DaBuzz

Paradise – DaBuzz

Temple of Love – Sisters of Mercy

Great hill song – 8 minutes long with at least six “bursts” for accelerations of coming out of the saddle – nice recovery in the middle if needed.

Pride – Syntax

I'm using this as a 6:17 minute seated climb.

Energia Magica – S.U.N. Project, from Macrophage album

Aeternal (Paul Oakenfold Remix) - Clint Mansell

Galvanized – Ford

I love to use this at the end of a long climb. It is a powerful song.

I have my students get back in the saddle one last time. Resistance is tough! When the song slows down...then they can get back out of the saddle into 3rd position for a short break....when the song picks up again they give me one last turn and I tell them to push it! The lyrics are awesome! A great song to end a class with!

Move Your Body – Eiffel 65

Jumps

Suavemente – Elvis Crespo

Jumps

Ecuador – Sash

High energy speed work.

I Don't Feel Like Dancin' – Scissor Sisters

Super fun and upbeat makes for killer jumps

Adagio for Strings – Tiesto

I use this as my last sprint before cool down I break it into 3 paces starting with a medium pace for the slow build intro & doubling into a pace 2 sprint when the base kicks in. Repeat twice as above then chuck in a big surprise when the track reaches its pinnacle with a pace 3 double sprint for 1 min, they love it, just don't tell them about the 3rd pace until later in the track.

Psyche Rock (Fatboy Slim Malpaso Mix) - Pierre Henry

I just love it, it sounds like a western/futuristic showdown. I do lifts and lowers (jumps) and some sprints/faster flats in between sets. I always have them come out of the saddle with moderate incline or more and punch up.

Pistolero's (Hang 'Em High Fluke mix) - Juno Reactor

Purple Haze - The Cure

I have used it for imagery flats/active recovery (biking through the barren Salt flats in the hot sun) but it sounds more like a seated or standing climb really.

C'mon N' Ride It (The Train) - Quad City DJ's

Bacardi Mojito Song - not sure artist

Great Party Song!

Climbatize - The Prodigy.

No matter how I feel it revs me up and I just "find my legs" to do more!
The song builds for a good 2 minutes, then kicks it. Then quiets down at the 4:15 mark (the quiet before the storm) for about a minute with those eerie instruments, then lets loose until then end. It begs you to give more.

Climbatize – The Prodigy (Chris Lake Remix)

A nice progressive house mix if you want swooshes and those cool sound effects!

Get Ready – Rare Earth

(The 21:32 minute version). You can climb, jump, sprint on a hill or anything else you want to do somewhere in this song. You just need to do some song mapping and have a plan laid out before you start.

Sanctuary - Origene

I love the lyrics (there's only a few). I have multiple versions of the song (available on eMusic). The Intertia Blue Remix is my favorite, so versatile either as a great flat or climb. As a climb, lock into the 65-ish rpm. As a flat, ignore the downbeat but use the rhythm – I find I pedal around 90-ish rpm.

I Feel Love – Blue Man Group

Innocente (Deep Dish Gladiator Remix) - Delerium feat Leigh Nash

Great climbing rhythm. (this mix is much better than all the others I've heard)

Stella (Nalin & Kane Mix) - Dave Ralph

This is another one I think can be great for a flat road or a climb. I love the electronic riff that you hear through most of the song. It begins in earnest at 2:00 into it, then you latch onto it and ride it through the rest of the song. I'll even sit the entire time (though I don't expect my students to)

Strange Shades of Light - Midnight society ft. Alan T.

A riveting concerted climb.

Le Ciel est Triste - Emou.

I use this on my Alpe d'Huez climb, when the weather gets bad and it starts to rain, its misty, the rider begins to have doubts about making it to the top. The song has a sad feel (Le Ciel est Triste means "The sky is sad") yet there's a consistent though slow beat.

Giant - The The

A fantastic climb, and clocks in at 9:35.

I Will Possess You - Death Cab for Cutie

Open Your Eyes (Allende Remix) – Snow Patrol

Nice flat with high cadence. As the song slows around 4 minutes, slow leg speed to match beat and add gear, getting out of saddle if you need to for a little rolling hill.

Vertigo (Redanka Remix) – U2

Get Busy - Sean Paul vs Mats (Mats Tribal Remix)

Great for Jumps. Establish the tempo until 1:41, then out of the saddle for jumps – your pace, your tempo....strong tribal beat!

He's a Pirate (Ship Ahoy Tribal Remix) - Chrus Jost and Klauss Badelt

Drumming Song (Jack Beats Remix) - Florence and the Machine

Great Indie tune remixed with layers galore! Fun to teach, your college crowd will love it!

Jason Lyttle (M83 Remix) - Abstrackt Keal Agram

Abstrackt Keal Agram is a French electronic artist, as is M83. The 5:44 song builds tempo and volume about every minute, adding layer after layer of music. I use it for a climb that starts fairly slow, and then gets faster and faster and faster...culminating in a surge then a sprint. The energy kicks up at 1:15, 2:15, 3:19, 4:00, and 5:00 before culminating in a wicked guitar chord at 5:44.

Preparation for the Last TV Fake - Yann Tiersen

It starts out with a Joplin like piano solo and then keeps adding instrument after instrument. As each one is added, cadence is increased, finishing in a near sprint at the 3:07 mark.

The Blackhawk War or How to Demolish an Entire Civilization and Still Feel Good About Yourself in the Morning - Sufjan Stevens

Seriously, that's the entire title; you think that I could make it up? It's from Sufjan's Illinois CD. It starts with drums, then angelic singing, followed by flute, and finishes with the horns blowing triumphantly as we finish cresting the hill in 2:14.

Last Train To Lhasa - Banco de Gaia

I like to climb to this song, mostly a "Seated Climb". Sometimes I add train cars along the way (more resistance- a little twist is another car) and close to the end start dropping off cars (lighten up the resistance). Other times I do 30 second surges out of the saddle. On my cue we all together shout "on your left", come up in a "Standing Climb" and surge for 30 seconds. Then slide back in the saddle to a Seated Climb.

Brasileria - Veron & Praia del Sol

Flat road, (seated flat) take off and feel the wind in your face! Sometimes alternating one minute seated flat and one minute standing flat until the end.

Rendez-vous - In-Grid (English version—You Promised me 3:42 minutes) Tu es foutu album

I love doing lifts (jumps) to this song. Every time she says "You Promised Me" change body positions. If up, slide into the saddle; if down, come up out of the saddle.

Just Be (Antillas Club Mix) - DJ Tiesto

I've used this to finish up a Race Day and it's gotten amazing results. I love to look out and see smiles at the end – smiles of satisfaction like "Holy crap – I just did that!"
0:00 – 0:45 – I'll take the first minute and ask them to tighten up their form. Pay attention to knees, feet and relaxed upper body. Find a smooth comfortable pace and fall into the zone.

0:45 – 1:00 – We live in Pittsburgh, PA – land of the endless hills. Toward the end of the first minute, I ask them to close their eyes and visualize the most gnarly mountain in town that they've always wanted to climb.....it's in front of them about 1/2 mile down the road, let's gear

up and get to it with a tick faster on our legs speed.

1:00 – 2:36 – SF Fast ride – medium resistance riding to the "monster". Effort is comfortable.

2:36 – 4:02 – SC Start to bring a moderate hill under the wheel. You've rounded the corner and you're starting up that mountain. Take a look up and notice on either side of you, the streets are lined with people who are cheering you through the final stretch of the race.

4:02 – 4:58 – StC Resistance is getting tougher – might be time to take it out to StC and get on

top of it and show everyone watching – this is YOUR mountain.

4:59 – 5:55 – ROH It's time to pull away and push your legs a little faster. Can you get in front of the competition and rule the race?

5:55 – 7:20 – SC Now that you're close to the front of the pack, you're tired but you feel empowered. You know that this is YOUR mountain. You called it out of your mind at the beginning and nobody can take it away now.

7:20 – 7:49 – StC As you grind closer to the top, the hill seems almost too much. Now's the time to come out of the saddle and own it.

7:49 – 8:46 ROH – This is it! Final stretch. You can see the finish line. All of those people who said you COULDN'T DO IT at the beginning are standing in awe and cheering you on – faster to the finish! Bring it and leave it here!

8:46 – end – Cruise across the finish line. You made it to the summit and now you can pull back your resistance and keep those legs moving at a steady pace to congratulate yourself.

Silence (DJ TiëSto In Search Of Sunrise Remix) - Delerium (vocals Sarah McLachlan)

All These Things I've Done – Killers

All These Things I've done – Killers (Morel's Pink Noise Remix)

Maybe Tonight – Wide Awake

The song responsible for Lance Armstrong's Live Strong slogan

Gravity Won't Win – Wide Awake

Something We Can't Let Go – Wide Awake

Rise (Leave Me Alone Mix) – Safri Duo

Attack of the 60 Ft Lesbian Octopus - Does It Offend You, Yeah?

It makes riders work really hard for 2 minutes while they smile at the same time!

Sometime Around Midnight – Airborne Toxic Event

Musica - Alma Matris

I use for seated climb with 10 second standing climb attack.

Mirage - Passenger 10

Interval, seated and standing climb

Sakarya - Banco de Gaia

A great instrumental hill.

Roadhouse Blues (Crystal Method Remix) - Doors

Go – Jupiter Rising (Dave Aude Mix)

Interval builds....swells to the point you've got to explode out of the saddle.

Leave the Memories Alone – Fuel

Reel Around the Sun – Riverdance Soundtrack

Matrix Classical Techno Remix – Enigma?

Powerful climb with a 45 second piano interlude – then blast out and power up the mountain.

Love Generation (Ron Carroll Remix) - Bob Sinclar

Satisfaction - Rolling Stones (live version from Flashpoint album)

Love you til the End - Pogues

Listen to the Music - Doobie Brothers (DJ Malibu Mix)

This Must be the Place - Talking Heads

Goin' Down the Road Feelin' Bad (from Ladies and Gentlemen) - The Grateful Dead

Mysterious Ways (Solar Plexus Extended Club Mix) – U2

Soul Shine - Allman Brothers

Magnificent (Redanka Remix) – U2

Sledgehammer – Robert Vadney 2008 Mix

Countdown - Phoenix

One Perfect Sunrise - Orbital

My absolute hands-down favorite flat road introspective feel-good joyful rhythmic chillinducing song of all time

Radar Love – Golden Earring

I used this song for a race day where you are on the home stretch, only a few hundred meters and you can win the race, but there are other riders who want the same as you. They try to get ahead of you and you have to surge not to let them pass you by. You can go with the flow of the music, it's perfect for spinning! Either seated all the time or standing to get ahead...you can play with the resistance knob...

Hello - Evanescence (Gabriel & Dresden Trifactor Remix)

Hey Baby – DJ Otzi

Navras - Juno Reactor

Pursuit - Cirque du Soliel

Wardogs – Juno Reactor

Thunder Across the Plains – Airo

Danger - Gabriel & Dresden

Last Chance - Shooting Star.

I like to build a seated climb for 4 minutes, do some fast pedaling, then bring it out of the saddle for a final strong standing climb.

Talk – Coldplay (Dave Aude Remix)

Break My Fall – BT/Tiesto remix

Linkin Park vs Robert Miles – Children Divide Gauffe Mashup

Amazing seated flat, then it becomes a hill. You can Google this to download or find on You Tube. The mix is from The Transformer movie. If you want to convert a YOUTUBE video to MP3 song, go to: <http://www.vid2mp3.com> and paste the browser location of the You Tube video in the box at vid2mp3...press download and presto! You get the song without the video!

Conjure One- Pilgrimage

Zocalo - Armin van Buuren & Gabriel & Dresden

For finishing a class! Make it your last song; the road home. I like it for a serious flat road.

Dangerous Power (Cicada Full Vocal Mix) - Gabriel & Dresden

Whole Lotta Love (Dirty Funker Remix) – Led Zeppelin

Immigrant Song (Dirty Funker Remix) – Led Zeppelin

Simply Being Loved (Somnambulist) - Junkie XL Remix

Signs of Love - Moby

4:28 of great climbing

On Fire – Astrix

Sprints!

Triumphant – Royksopp

Seated climb

Destiny – Zero 7

Slow, gritty climb

Despina Vandi vs Underdog Project – Gia Jam (guerra bootleg)

Fast Flat

Ganapati (Eastern Sun Remix) - Donna De Lory

Cool down or reflective climb

Spiritus Khayyam - Globus

A brilliant over the top, epic song that works great for the end of a long strong hill climb.

Blur – Song 2 Remix

Sprint intervals

Garbage – Push It

Sprint intervals on the hill

Aerosmith – Sweet Emotion – David Thoener Remix

Sprint intervals on a hill

Bad Reputation – Joan Jett

Sprint s

Children of the Night – Juno Reactor

Beautiful Morning [Fluke's Multi Practic Mix] - Fluke

Great warmup – instrumental with a few words...time to explain the ride or do a cadence check.

Sweet Freedom (feat. Michael McDonald) – Safri Duo

This version demands a non-PC “pedal stomping” technique. With the first beat, resistance is moderate, rear-end out of the saddle, as one runs with resistance to gain momentum. As breathing intensifies, the knob ratches to heavy, the hands slide to HP 3 for three minutes of sucking air up a steep narrow hill.

Restless – Evil Nine Remix (Fast and Furious Soundtrack 3, Tokyo Drift)

“We’re running wild and we’re restless – we’re gonna jump til you’re breathless!”

Purify (Gabriel & Dresden Radio Edit) - Balligomingo

Get up, Stand up – Bob Marley

6 pedal stroke jumps out of the saddle every time Bob Marley sings Get up, Stand up.

Toussaint l’Overture - Santana

Great fast pace high energy 7 minute time trial song.

Paralyzer - Finger Eleven

Let's Get It Started - Black Eyed Peas

Supermassive Black Hole – Muse

Anthem - Ron Hardiman

Running Away (Stereo's MC Remix) – Terranova

Come On - Andy Hunter

All My Friends – LCD Soundsystem

It can start out as a moderate climb and end in a sprint

Too Far - Nacho Sotomayor

Cool Down

Trip to Happiness - After Hours Ibiza Chill Out CD

Cool Down

Black Betty - Spiderbait

Fkin Awsome - Spiderbait**

The Rockafeller Skank - Fatboy Slim

Uprising – Muse

(Complete Profile Submitted – All Songs listed below)

Arcana - Remembrance

God is an Astronaut - First day of Sun

Yoko Shimomurq - Cavern of Remembrance

Nacho Sotomayor - Remember You

OST Transformer - Bumblebee

OST Transformer - Tunnel

God is an Astronaut - Tempus Horizon

OST Transformer - Arrival to Earth

God is an Astronaut - Twilight

OST Transformer - Optimus vs Megatron

Alter Bridge - In Loving Memory

OST Transformer - Heed our Warning

Within Temptation - The Thruth Beneth the Rose

Arcana - Sigh of Relief

Within Temptation - Our Farewell

Arcana - In Remembrance

Pearl Jam - Just Breathe