



User Manual

A complete guide to every feature and every button

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1. Welcome to RideComposer

RideComposer is the class-composition software for Indoor Cycling instructors (Spinning®, Schwinn Cycling®, Globe Cycling®, BICA). It turns YOUR music library into structured sessions, with automatically mixed, beat-matched transitions and a Coach Mode that guides you through the class.

One philosophy: 100% local

RideComposer never streams or hosts music: you use your own audio files, from your own drive. The direct consequences: no royalties, no broadcasting licence, and full operation even without an Internet connection (only licence verification needs the network).

The 4 screens of the app

Screen	Role
 Music Library	Manage your library: import, automatic BPM and power analysis, search and filters.
 Ride Builder	Build a class in 4 teaching zones, by hand or automatically (Quick Ride).
 Track Editor	Fine-tune each track: mix point, volume, tempo curve, loops, teaching annotations.
 Coach Mode	Run the class live: timer, cues, waveform — hands free.

💡 At the bottom of every screen, the mini-player lets you listen to any track. On the sidebar, a red “● Unsaved” dot warns you as soon as a change has not yet been saved.

💡 Looking for track ideas? RideComposer comes with LYRA, a free web tool (lyra.ridecomposer.com) for discovering new tracks to bring into your rides. See chapter 12.

2. Installation, trial and licence

RideComposer installs on a Windows computer and then works offline: your music stays on your drive and nothing is streamed. Only two things need an Internet connection — verifying your licence and announcing updates.

2.1 Installing the application

Download the installer from ridecomposer.com and double-click it. The installer adds RideComposer to the Start menu, creates a Desktop shortcut and installs a standard uninstaller. No setup is required: at first launch, the application is ready to use.

2.2 The free 10-day trial

Every plan starts with a free 10-day trial, no credit card required. During that period the application is complete: you can analyse your library, build rides and play them in Coach Mode. The number of days left is shown in the licence window.

When the trial ends, nothing is erased: your analysed library, your rides, your tempo curves and your annotations all stay in place. Only access is suspended until a licence is activated.

2.3 The licence window

This is the dashboard of your subscription. You can open it in two ways: with the “ Software upgrade” button at the bottom of the sidebar, or by clicking the version number shown under the logo. It also opens on its own once the trial has ended — and in that case only, it can no longer be closed until a valid key has been entered.

Item	What it does	Plan
Status bar	“  Trial — X day(s) remaining” during the trial, “  Trial period expired” once it runs out, “ ☒ License active” followed by your plan once the licence is activated.	All
Key field	Where you paste the licence key received by e-mail after purchase.	All
☒ Activate my license	Checks the key online, stores it on this computer, then restarts the application with your plan.	All
 Buy on ridecomposer.com	Opens the pricing page of the website in your browser.	All

2.4 Activating your licence

After your purchase you receive a licence key by e-mail. Open the licence window, paste the key into the field, then click “☒ Activate my license”. The key is checked with the payment service, then the application restarts: your plan is active.

If the message “Invalid key or already used” appears, there are two likely causes: the key was copied incompletely (a single missing space or character is enough), or it is already activated on another computer.

 **Your current plan is shown at all times under the logo, next to the version number — for example “V 2.0.0 — Pro”.**

2.5 Changing plan

The “ Software upgrade” button is also how you change plan along the way. Get a key for the plan you want, open the licence window and paste it: it replaces the previous one and the application restarts with the features of the new plan. There is nothing to reinstall, and you lose neither your rides nor your library.

2.6 Moving to another computer

A licence is valid for one machine at a time. To move it to a new computer, write to support: the transfer is free and done on request.

2.7 Updating the application

RideComposer never updates itself: nothing can therefore install in the middle of a class. When a newer version exists, a green banner appears at the top of the window, with the available version number and a summary of what is new.

- “ Download” opens the download in your browser: you install the update whenever it suits you.
- “Later” hides the banner for that version only — an even newer version will announce itself again.

3. The interface at a glance

The sidebar (on the left)

Always visible, it brings together:

- The logo and the version number (“V 2.0.0”), followed by your plan (Solo / Pro / Pro+).
- The 4 navigation buttons to move from one screen to another.
- Two counters: number of tracks in the library and number of saved rides.
- The “● Unsaved” indicator, which blinks red when the current ride has unsaved changes.
- The “INTENSITY” panel, which plots the power profile of the current ride, zone by zone. It stays empty until an analysed track has been added to it.
- The “ Software upgrade” button, which opens the licence window (see §2.3).
- The interface language selector, at the bottom of the sidebar. RideComposer follows the language of Windows on first launch and offers nine languages; your choice is never final and can be changed at any time. The teaching vocabulary (Seated Flat, Jumps, Fartlek...) stays in English, as in the syllabuses.

The teaching methods

RideComposer supports five teaching methods: Spinning®, Globe Cycling®, Schwinn®, BICA and Free Ride. The active teaching method determines which technique symbols are available for your annotations, which ride types are offered and which consistency checks apply to your ride. Chapter 5 is devoted entirely to them.

4. The Music Library

This is the starting point: it is where you import and organise all your tracks. RideComposer automatically analyses every file (BPM, power, duration).

4.1 Header buttons

Button	Function	Plan
 Folders	Shows or hides the source folder tree, to the left of the list.	All
 Add files	Opens a window to pick one or more audio files to add.	All
 Scan folder	Scans a whole folder (and its sub-folders) and imports every audio file found, keeping the tree structure.	All
Refresh	Goes back over the music folders already declared: whatever has been added on the drive enters the library, whatever has disappeared is flagged as missing — never deleted automatically.	All
 Clean library	Analyses the tracks (BPM, power, duration) then offers to remove those that cannot be read. Files are never erased from the drive.	All
Re-analyze BPM	Runs tempo detection again with the current analysis engine, on the tracks currently shown (the filtered list if a filter is active, otherwise the whole library). Manually entered BPMs and MixMeister imports are preserved. A second click stops the process.	All
 MixMeister Import	Imports a MixMeister project (.mmp): recovers the BPMs and the markers. See §4.8.	Pro / Pro+

4.2 Search and filters

-  Search: live filter by title or artist. The × cross clears the search.
- BPM (min–max): keeps only the tracks within the chosen tempo range.
- Duration (min–max): filters by length, in minutes.
-  Power (min–max): filters by musical intensity (scale of 1 to 20).
- Quick zones:  Warm (1–7),  Moderate (8–12),  Intense (13–16),  Peak (17–20).
- Filter / Reset: apply or clear all filters.

4.3 The folder tree

Shown via “ Folders”, it lists your source folders with the number of tracks in each. A click filters the list on that folder; a right-click lets you open it or remove it from the library (without touching the drive).

4.4 The track table

Column	Content
☒	Checkbox (multiple selection). The header box ticks/unticks everything currently shown.
#	Row number.

Column	Content
Title	Track title and artist. A track whose file is missing appears greyed out.
Date added	Date the track was added to the library.
 Folder	Source folder.
BPM	Detected tempo (or manually corrected).
RPM	Equivalent pedalling cadence ($\text{BPM} \div 2$ above 120 BPM).
 Power	Musical intensity (bar + value 1–20), colour-coded by zone.
Duration	Track length.
Actions	Per-row buttons (see §4.5).

💡 Click a column header (Title, BPM, Power, Duration...) to sort the list; click again to reverse the order.

4.5 Per-track actions and multiple selection

Button	Function
▶ (Listen)	Plays the track in the mini-player.
+ (Add to ride)	Adds the track to a zone of the current ride (zone picker).
 (Edit)	Opens the track in the Track Editor.
 (Remove)	Removes the track from the library (with confirmation; the file stays on the drive).

When at least one track is ticked, two bulk actions appear at the bottom: “+ Add to ride” and “ Delete”.

4.6 The mini-player

A fixed bar at the bottom of the screen, it lets you listen to a track before composing. It contains: title + metadata (BPM, RPM, duration), ⏮ / ▶ / ⏭ buttons, a clickable progress bar (to move within the track), a volume slider, and a cross to close it. The Previous/Next buttons run through the current filtered list.

4.7 Automatic analysis (BPM, Power, Duration)

On every import or scan, RideComposer analyses each track without freezing the application:

- BPM: tempo detection by analysing the beat (bass/kick). The result is brought back into a realistic range (60–180 BPM).
- Power (1–20): an estimate of intensity (bass energy, dynamics, rhythmic density).
- Duration: the real length of the track.

The power zones and their colours:

Zone	Range	Colour	Typical use
Warm	1–7	Green	Warm-up, recovery, slow dance.
Moderate	8–12	Amber	Endurance, base work.

Zone	Range	Colour	Typical use
Intense	13–16	Red	Sustained efforts, climbs, short sprints.
Peak	17–20	Pink	Intensity peaks, all-out sprints.

💡 A detected BPM can be corrected by hand (a manual BPM always takes priority). Useful on complex tracks where detection gets the octave wrong.

4.8 MixMeister import

Reserved for the Pro and Pro+ plans, MixMeister (.mmp) import picks up the work in your old mixes: it extracts the BPM of each track and turns the orange markers into annotations. A window then asks you to point to the folder holding your MP3s — RideComposer links them automatically by file name. Imported tracks are grouped in an “MMX” folder and protected: library cleaning never removes them.

4.9 Cleaning the library

“🔪 Clean library” first analyses the tracks not yet processed, then spots those that genuinely cannot be read (corrupt files, unsupported formats such as .wma) and offers to remove them. The audio files on your drive are never deleted, and MixMeister imports are always preserved.

4.10 Tempo: the file’s, and the one RideComposer computes

Many audio files already carry their tempo, written into their tag by the studio, the distributor or a professional analysis tool. When that value exists, it is authoritative: it is worth more than any computation.

The “🔗 File BPM” button in the library goes through your tracks, counts those carrying a tag, shows you how many differ from the computed tempo — and only then writes, once you agree. Never the other way round. Reading does not decode the audio: it reads only the file header, which makes it almost instant even on a large library.

For tracks without a tag, RideComposer computes the tempo by listening to the music. That computation has been refined: measured on tracks whose tempo was known independently and which had not been used for tuning, it is right in nearly nine cases out of ten.

💡 **A manually entered BPM always takes priority, over the tag as well as over the computation. You have the last word.**

Finally, grouped re-analysis (“Re-analyze BPM”) now processes several tracks at once. On a library of several thousand titles, the operation takes about three times less time than before.

5. Teaching methods, ride types and theory

An indoor cycling class is not composed at random: each teaching method has its theory, its techniques and its ride types. RideComposer knows those theories and uses them to help you — by suggesting, by flagging deviations, but never by getting in your way.

5.1 The five teaching methods

Teaching method	What it brings	For whom
Spinning®	The Spinning® theory and techniques, with its ride types.	Certified instructors
Globe Cycling®	The 8 Globe Cycling® techniques and its ride types.	Certified instructors
Schwinn®	The Schwinn Cycling® theory and notation.	Certified instructors
BICA	The 8 Globe Cycling® techniques plus the two flexions specific to BICA.	Certified instructors
Free Ride	A single, very permissive ride type, with no branded theory — but with the same consistency and safety checks.	Everyone, no certification

Free Ride was born of a simple observation: many indoor cycling instructors are not certified and do not know the theory of a branded method. Forcing them to pick one would be dishonest. Free Ride opens the door without pretence: no theory imposed, but the consistency and safety guardrails stay on.

💡 “Free Ride” means nothing in Spinning® theory: that ride type does not exist there. It is a teaching method of its own inside RideComposer, not a ride type bolted onto another.

5.2 Choosing your ride type before composing

Creating a ride now starts with two choices: the teaching method, then the ride type. This is not a formality — it is what lets RideComposer know what your class is trying to do, and therefore help you afterwards.

The principle is this: you fit the music to the class, not the class to the music. With no ride type declared, the application can check nothing and leaves you alone with your library.

The ride type is saved with the ride and restored when you open it. If you want no framework at all, choose Free Ride: that is what it is for.

5.3 What each zone expects

Once the ride type is chosen, each zone of the Ride Builder announces what it expects: the duration it still has to fill, the recommended cadence range and the intensity range. So you know what to look for before dropping a track in, instead of finding out afterwards.

💡 These are suggestions, never prohibitions. You stay in charge of your ride and can always drop in whatever you want.

5.4 Deviations are flagged, never blocked

When a track falls outside the frame of the ride type — cadence too high, intensity too low for the zone you drop it into — RideComposer flags it with a  and a tooltip explaining the gap. The track stays where you put it.

The same applies to techniques: if you place a technique the ride type does not expect there, it is placed anyway, a message explains why it stands out, and a marker stays visible. Free-text notes are never checked.

 **A warning is not an error. It is an opinion, and your experience may overrule it — you know your room, RideComposer knows the theory.**

5.5 Where RideComposer places the techniques

When Quick Ride or the Track Editor suggest a technique, that placement follows precise rules. Knowing them lets you judge a suggestion, and move it knowingly.

- **On the musical impulse** — a technique is announced at the moment the track turns over (the drums coming in, the drop), never at the energy peak, which falls in the middle of the chorus. Alignment is on the 8-beat phrase.
- **A seated flat at 0:10 in the warm-up** — everyone is already on the bike; the symbol is a visual cue and leaves time to settle in.
- **A track with no turning point gets a single cue** — placed right at the start. The number of cues is not a measure of quality: one is enough if the music asks for nothing else.
- **Standing requires 32 beats** — four phrases. If the music does not hold them, nothing is suggested: getting the room up only to sit it straight back down is the mistake to avoid.
- **Sprints are special techniques** — the only ones that do not apply at the very instant: they are built up over time. The symbol marks the moment you stand up to give everything; the build-up is yours. Never before halfway through the class, at least 60 seconds apart, and two per class at most.

 **All of this is only a suggestion. You move every symbol in the Track Editor, by entering a time as 1:23 or in seconds.**

6. The Ride Builder

This is where you compose a class (a “ride”), organised in 4 teaching zones.

6.1 Teaching method selector

The Spinning® / Globe Cycling® / Schwinn® / BICA / Free Ride buttons choose the teaching method of the class. It determines which technique symbols are available in the Track Editor and which profiles Quick Ride offers.

6.2 Header buttons

Button	Function	Plan
 My Rides	Shows the list of your saved rides, with each one's teaching and class type, and filters to find them again (open, copy offline, export, delete).	All
 Import ride	Imports an exported ride (from a folder or a USB stick).	Pro / Pro+
 New Ride	Creates a new, empty ride.	All
 Quick Ride	Automatically generates a complete class in a few seconds (see §6.6).	All
 Save	Saves the current ride (with its mix points, volumes, loops and tempo curves).	All
 Print	Saves the ride's track list as a PDF — by zone, with BPM, RPM, power and duration. Made to be given to a rider or a trainee who asks what you played.	All
 Clear ride	Empties the Ride Builder completely: tracks, annotations, name and class type. The saved ride is not touched until you save again.	All

These three actions — My Rides, Import ride and Print — are grouped under a single Rides menu in the header bar.

💡 On the Solo plan, the library is limited to 10 saved rides, and the export/import features are hidden.

6.3 The ride info bar

It shows the ride name (editable) and, live: ⌚ total duration, 🎵 number of tracks, and 🏆 average BPM.

6.4 The 4 teaching zones

Zone	Colour	Role
Warm Up	Orange	Progressive warm-up (recommended cadence 85–100 RPM).
Main / Ride Body	Red	The body of the class: the main effort, according to the chosen profile.
Cool Down	Blue	Winding down, recovery.

Zone	Colour	Role
Stretching	Green	Stretching, very low intensity.

6.5 The tracks inside a zone

Each track appears as a row, with: a drag handle (::), a number, the title and artist, a BPM badge, the duration, a power badge, and edit (✎) and remove (✕) buttons. You reorganise everything by drag and drop, within a zone or from one zone to another — and you can also drag a track straight in from the library.

💡 In the warm-up, if a track's cadence (RPM) falls outside the 85–100 range, a ⚠ warning appears to alert you.

🔄 button — replacing a track. On every row, this button offers to swap the track for another one of comparable power and cadence, and of similar length. A small menu lets you choose the source (the whole library or one specific folder) and shows how many compatible tracks were found; tracks already in the ride are excluded. The replacement happens in place, in the same zone and at the same position — and you can roll as many times as you like.

💡 **The 🔄 uses the same criteria as Quick Ride: it is the quickest way to replace a track you are not happy with, without upsetting the balance of the class.**

6.6 Quick Ride — automatic generation

Quick Ride builds a complete class in one click. You choose:

- The music source: the whole library or one specific folder (for a consistent theme).
- The duration: 55, 90 or 120 min (the extra time goes to the body of the class; warm-up, recovery and stretching stay the same).
- A teaching profile: Recovery, Endurance, Resistance, Interval, Race Day... each with its heart-rate zone, its difficulty and its intensity pattern (steady, climbing, intervals...).

RideComposer then fills every zone with tracks matched on power and cadence, and shows you a preview (intensity curve, duration, number of tracks) before you confirm.

6.7 Ride export / import (Pro)

Export creates a portable package (a “RideComposer_<name>” folder) holding the description of the ride and a copy of the audio tracks — annotations, mix points, volumes, loops and tempo curves included. You can therefore carry a complete class on a USB stick and import it back on another PC. On import, RideComposer detects duplicates and automatically re-links the files.

6.8 The “● Unsaved” indicator

This red dot, on the sidebar, lights up as soon as the ride differs from its last saved version (track added/removed, mix point, volume envelope, loop, tempo curve...). It goes out after a save, a load, or the creation of a new ride.

6.9 Finding a track for a zone

This is the direct extension of the “fit the music to the class” principle. From a zone of the Ride Builder, you ask RideComposer to show you, in your library, the tracks that suit that zone — filtered on what it already announces: its cadence range, its intensity range and the duration it still has to fill.

Instead of going through thousands of titles and then being told this one does not fit, you only see what answers the need of the zone you are filling. Any BPM or intensity filters left in the library are cleared at that moment: the zone alone decides what fits, so a forgotten filter cannot silently hide part of your tracks.

6.10 Finding a class in My Rides

Every saved class carries its teaching and its class type as a coloured badge. Two rows of filters let you quickly find the classes of one teaching, then of one energy zone — the zones offered are those of the chosen teaching (Recovery, Endurance, Resistance / Strength, Interval, Race Day for Spinning®; Recovery, Foothills, Highland, Summit, Redline, Interval, Fartlek for Globe Cycling® and BICA; Low aerobic, Aerobic, High aerobic, Anaerobic for Schwinn®), and only those where you actually have classes appear.

Classes composed before class types were introduced, as well as those imported from MixMeister, show “unclassified”. To classify them: open the class, choose its teaching and its CLASS TYPE, then save.

7. The Track Editor

The Track Editor fine-tunes each track: mix point, volume, tempo, loops and teaching annotations. It shows the current track and the next track side by side.

7.1 Playback transport

Button	Function
⏮ Rewind	Returns to the start of the track.
▶ / ⏸ Play / Pause	Starts or pauses playback (preview of the transition).
■ Stop	Stops and returns to the start.
🔁 Loop	Turns on loop mode: place loops on the waveform (see §7.4).
⌚ Tempo	Turns on tempo-curve editing (see §7.9).
2× / 4× / 6× / 8×	Number of repeats applied to the next loop you place.
Time	Playback position / total duration.
🔊 Volume	Master playback volume.

💡 Loop mode (🔁) and Tempo mode (⌚) are mutually exclusive: turning one on turns the other off.

7.2 The BeatMix panel

It sets how two tracks meet during the transition. The “Target BPM” selector chooses the tempo they lock to:

Mode	Effect
Avg. A+B	Targets the average of the two tempos — a balanced transition (default).
Lock BPM A	Stays on the tempo of the current track; the next one aligns to it.
Native BPM B	Adopts the native tempo of the next track; the current one aligns to it.
Custom	You enter the target tempo freely.

The “EQ swap” switch applies an equalisation exchange during the crossfade (progressively cutting the bass of the outgoing track) for cleaner transitions, especially between distant tempos. A badge sums up the active configuration.

7.3 The waveforms (current / next)

- Clicking the waveform: moves the playhead to that point (seek).
- The “Mix Zone”: a rectangle marking the transition point. You can drag it to set the mix elsewhere; it snaps automatically to the nearest downbeat. A double-click returns to automatic placement.
- The zoom bar (– / slider / + / 🔍): from x1 to x20, to work in detail. Zoom does not change the duration, only the display.
- Annotation markers: small coloured dots placed on the timeline (see §7.6).

7.4 Multiple loops

Once  mode is on, drag across the waveform to define a zone (IN and OUT points): it will be repeated the chosen number of times (2×, 4×, 6×, 8×). You can place several loops per track, adjust the markers, and remove them. The time added by the repeats is included in the total duration of the class, and the loops play back automatically in Coach Mode (hands free).

7.5 BPM correction for the next track

Below the waveform of the next track, you can correct its tempo: the detected BPM is displayed, a field lets you enter a manual value, the “÷2” button fixes doubled detections, and “Apply” confirms. The equivalent RPM cadence updates live.

7.6 Teaching annotations

They show, at the right moment, the cue to give (position, technique, effort). First choose the teaching method (Spinning® / Globe® / Schwinn® / BICA / HR Zones), then click a symbol: the annotation is placed at the current position. The list at the bottom of the panel lets you edit the time, change the technique, or delete an annotation.

7.7 Technique symbols by teaching method

Spinning®

Technique	Meaning
Seated Flat	Seated, flat road — steady cadence.
Standing Flat	Standing, flat road — increased power.
Seated Climb	Seated climb — high resistance.
Standing Climb	Standing climb — maximum effort.
Jumps	Alternating seated/standing.
Running on a Hill	Fast running on a climb.
Jumps on a Hill	Seated/standing jumps on a climb.
Sprints on a Flat	Sprint on flat road.
Sprints on a Hill	Sprint on a climb.

Globe Cycling®

Abbrev.	Meaning
PA	Seated Flat (Plat Assis)
PD	Standing Flat (Plat Debout)
MA	Seated Climb (Montée Assise)
MD	Standing Climb (Montée Debout)
RU	Running
Co	Combination / jumps
SP	Flat Sprint (Sprint Plat)
SM	Climbing Sprint (Sprint Montagne)

Schwinn®

Abbrev.	Meaning
SF	Seated Flat
StF	Standing Flat
CF	Combo Flat
SC	Seated Climbing
StC	Standing Climbing
CH	Combo Hill
SpF	Sprinting Flat
SpH	Sprinting Hill

BICA

BICA reuses the 8 Globe Cycling® techniques and adds two movements of its own:

Abbrev.	Meaning
FA	Seated Flexion (Flexion Assise — BICA specific)
FD	Standing Flexion (Flexion Debout — BICA specific)

HR Zones (heart rate)

Available whatever the teaching method, the HR zones (60%, 65%, 70%, 75%, 80%, 85%, 90%, 92%) run from green (recovery) to red (VO₂max / sprint). Breathing (O₂) and hydration (H₂O) cues, along with intensity modifiers (+ / -), complete the palette.

7.8 The free-text note

The “Note (free text)” button, available with every teaching method, adds a custom written cue (e.g. “Breathe!”, “Get ready for the transition”). The text is edited by double-clicking it in the list.

7.9 The tempo curve 🕒

The tempo curve changes the speed of a track by up to ±50%, without changing the voices (pitch is preserved). Turn it on with 🕒, then: click = add a node, drag = move it, right-click = remove it. The real BPM is shown on each node, with a magnet on whole BPM values, and the ↑/↓ arrows adjust by ±1 BPM. The curve is saved with the ride and played back in Coach Mode.

💡 The tempo curve is available on ALL plans (Solo, Pro and Pro+).

7.10 The ride chips

At the bottom of the editor, the “Tracks in the active ride” strip lists the tracks of the class. A click switches editing to the chosen track.

8. Coach Mode

Coach Mode is your dashboard during the class: large, readable, and designed to be driven without leaving the bike. It is available on every plan (on the PC screen).

8.1 The header

Item	Function
Ride name + teaching method	A reminder of the class in progress.
Elapsed (green)	Time elapsed since the start.
Remaining	Time remaining.
⏮ Pre	Previous track (or start of the track if > 3 s).
▶ / ⏸ Play / Pause	Starts or pauses the class.
■ Stop	Stops and returns to the beginning of the ride.
⏭ Next	Next track.
🔊 Volume	Class volume.

8.2 The cue banner

A giant orange band shows the upcoming cue 5 seconds before each marker, with an animation that catches the eye — so you never miss a change.

8.3 The current-track panel

It shows the number and name of the track in large type, its BPM, a big waveform (with playhead, annotation markers, loop zones and zoom) and, below, the cues of the track as chips (time + symbol).

8.4 The “Next” panel

On the right, it announces the next track (name, BPM) and, where relevant, the countdown to the transition. At the end of the class it reads “— End of ride —”.

8.5 The marker bar

At the bottom of the screen, it displays the active cue in large type (time + technique) and the one after it — a clear reference, readable from a distance during the effort.

8.6 Hands free

In Coach Mode everything plays by itself: cues appear at the right moment, loops repeat automatically, and the tempo curve is applied. All you have to do is pedal and teach.

9. Pro+ features: external screens & remote control

These features, reserved for the Pro+ plan, turn RideComposer into a genuine studio tool.

9.1 Coach Mode on an external screen (HDMI)

The  button duplicates Coach Mode on a second screen (TV or projector): participants see the cues in large type while you keep control on your PC. If no external screen is detected, the display appears on the main screen (for testing). The replicated screen is read-only and stays continuously in sync.

9.2 Video Mode

The  button plays a video (MP4, WebM...) on the external screen, synchronised with your class from beginning to end. Ideal for an immersive backdrop (road, landscape) locked to the music.

9.3 Remote control

With a small Bluetooth remote (standard media keys), you drive Coach Mode without touching the screen:

Key	Action
▶ Play/Pause	Starts or pauses the class.
▶▶ Next	Next track.
◀◀ Previous	Previous track / start of the track.
 + / -	Class volume ($\pm 5\%$).

10. The audio engine, explained simply

What sets RideComposer apart is the way it joins tracks like a DJ — not like a plain playlist.

Beat-matched transitions

Shortly before the end of a track, RideComposer starts a crossfade into the next one, triggered exactly on a beat of the music (never in the middle of a note). The fade is “equal-power”: the outgoing track comes down while the incoming one comes up, with no perceived drop in level.

Beat-to-beat alignment

Before the fade, the application finds the first downbeat of the incoming track and drops it precisely on a beat of the outgoing one: the two sound synchronised straight away.

Effective duration (never mix over silence)

RideComposer detects the true audible end of a track (ignoring any trailing silence or fade-out) and places the transition before that silence — so the mix stays musical.

Tempo stretching, pitch preserved

When you draw a tempo curve, the speeding up or slowing down happens without distorting the sound (no “chipmunk voice”), thanks to high-quality time stretching.

11. The plans: Solo, Pro, Pro+

RideComposer comes in three plans, with a free 10-day trial (no credit card) to try them out.

Feature	Solo	Pro	Pro+
Local library + automatic analysis (BPM, power, duration)	✓	✓	✓
Ride Builder + Quick Ride	✓	✓	✓
Track Editor (annotations, mix point, volume)	✓	✓	✓
Tempo curve (pitch preserved)	✓	✓	✓
Multiple loops	✓	✓	✓
Coach Mode (on the PC screen)	✓	✓	✓
Number of saved rides	10 max	Unlimited	Unlimited
Ride export / import (USB)	—	✓	✓
Save rides online (cloud)	—	10 max	10 max
Coach player on phone and tablet	—	✓	✓
MixMeister import (.mmp)	—	✓	✓
Coach Mode on an external screen (HDMI)	—	—	✓
Video Mode (external screen)	—	—	✓
Remote control	—	—	✓

Pricing

Plan	Monthly	Yearly
Solo	€9.90	€99
Pro	€19.99	€199
Pro+	€24.99	€249

💡 Yearly billing works out at 2 months free. Every plan starts with a free 10-day trial.

12. LYRA — finding new tracks

LYRA is a free, public web tool at lyra.ridecomposer.com that complements RideComposer upstream: it helps you discover new tracks to bring into your rides. Where RideComposer builds the class from the music you already own, LYRA helps you find the music. Nothing to install: it runs in your browser — on computer, tablet or phone — in French as well as English.

12.1 What LYRA is for

You start from an artist that works well in your classes; LYRA offers you a map of related artists, you listen to previews, see the intensity of each track at a glance, and build a shortlist that is sent to you by e-mail.

- Discover new artists and tracks close to the ones that already work for you.
- Judge intensity immediately: every track shows its power peak (1 to 20), in the same colour code as RideComposer.
- Build a shortlist and receive it by e-mail (or copy it / export it as CSV).
- Free and with nothing to install, bilingual French / English.

12.2 How it works

In a few steps:

- Go to lyra.ridecomposer.com from any browser.
- Search for an artist you like to play in class.
- Explore the “constellation” of similar artists: click an artist to open it, double-click to expand the map.
- Listen to the 30-second previews: each track already shows its power peak (Warm / Moderate / Intense / Peak).
- Add the right tracks to your shortlist; you can annotate and reorder them.
- Receive your shortlist by e-mail, or copy it / download a CSV file.

12.3 The power colour code

LYRA uses exactly the same power colour code as RideComposer, in four steps: Warm (green), Moderate (orange), Intense (red) and Peak (pink). What you spot in LYRA therefore speaks the same language as your zones in the Ride Builder and Coach Mode.

12.4 What LYRA is not

LYRA inspires and pre-sorts; it stays honest about its scope:

- It is not a full player: you listen to 30-second previews, not whole tracks.
- It is not a download source: LYRA provides no files. You obtain the tracks through your usual channels, then import them into RideComposer.
- The power shown is an estimate computed on the 30-second preview: it gives a very good indication, but it is not identical to the value RideComposer computes on the complete file.

12.5 From LYRA to your ride

The full journey: you discover in LYRA, you obtain your tracks, you import them into RideComposer, then you build your ride (automatic analysis, teaching zones, Coach Mode). LYRA saves you time upstream; RideComposer does the rest.

13. Your rides on a phone or tablet

Until now, your ride lived on the computer that composed it. From version 2.0.0 it can follow you into the studio: save it online from the application, then play it from your phone or tablet, with the very same display as Coach Mode. Included in the Pro and Pro+ plans.

13.1 Saving a ride online

Open the ride, then choose Rides → Save to cloud. RideComposer renders the finished mix — with its transitions, volume envelopes, loops and tempo curves — and sends it to your personal space along with the course script: track list, waveforms, techniques and markers. Rendering takes a few minutes; a progress veil tells you where it is.

You can keep up to 10 rides online. Beyond that, the application asks you to remove one first. Your rides belong to you alone: no one else can see them, and they are never shared with another user.

13.2 Playing a ride on your phone

On your phone or tablet, open coach.ridecomposer.com and sign in with the same account. Your rides are listed with their teaching method, duration and number of tracks. Tap one, and you get exactly the Coach Mode display: waveform, current track, BPM, energy zone, next track, techniques and markers with their symbols.

There is nothing to install from an app store: it is a web page. Add it to your home screen and it behaves like an application, full screen. The screen stays awake while a ride is playing, so a tablet resting on the handlebars does not go dark in the middle of a class.

13.3 Taking a ride with you — playing without a network

This is the part that matters in a studio. Tap the ↓ button on a ride and it is downloaded onto the device. The button turns into a green ✓. From then on, that ride plays with no network at all: no Wi-Fi, no mobile data.

Download your rides at home, the day before. Loading 45 MB just as your class is settling onto the bikes is a gamble you lose once — and once is enough.

To remove a ride from the device, tap its ✓ and confirm. The online copy is untouched. Signing out removes every downloaded ride, so that a shared device does not keep your classes.

13.4 What to know

A ride sent before version 2.0.0 has no course script: the music plays, but without the track names and annotations. Send it again from the application to get the full display.

A ride you have taken onto your device keeps playing even if you delete it from the cloud afterwards — that is precisely what makes offline playback dependable.

14. Tips & good practice

- Use “Scan folder” rather than “Add files” to import quickly while keeping your folder structure.
- Combine search + BPM + Power to find the perfect track in seconds.
- For a consistent class, run Quick Ride on a themed folder (e.g. “Latin”, “90s”).
- Check the cadence (RPM) in the warm-up: the ⚠ warning flags tracks outside the 85–100 range.
- In Coach Mode, let yourself be guided: cues, loops and tempo all fire automatically.
- Before an important class, run a complete ride once: the analyses are cached and the transitions are at their best once warmed up.
- Export your rides to a USB stick (Pro) to play them on any PC running RideComposer.

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