

040317 Speed Work **CYCLING FUSION**

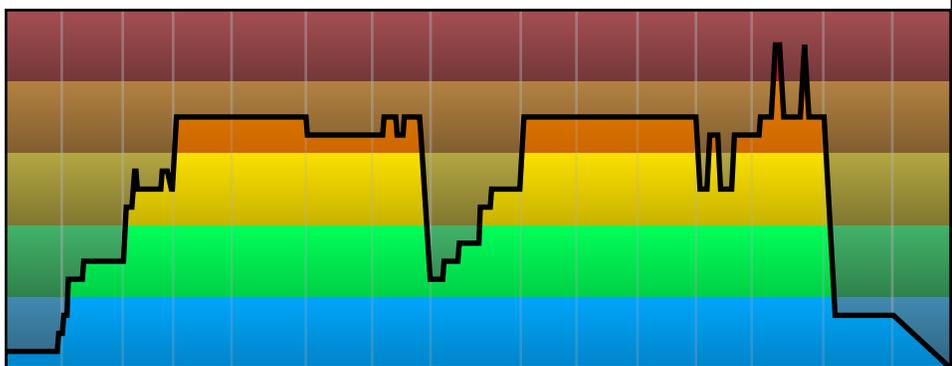
CYCLING FUSION
For the love of the ride inside and out

Original Author: Joey

Class Time: 56:58

Points: 184

	Z1	Z2	Z3	Z4	Z5
(points)	11	14	23	131	5
(minutes)	11.0	6.8	7.5	32.6	0.8
(time %)	18%	11%	12%	55%	1%



Today's ride focuses on some higher cadence work and sprints. In general, we do higher cadence work to increase our efficiency in the pedal stroke and to work on our threshold management. Ideally, in the TM sections, we should be able to bring our heart rates right up against our T2 threshold without crossing over that line of breathlessness. This takes a fair amount of control, and body awareness which is why we practice it indoors.

As cyclists, why is it that we try to gravitate towards higher gears? I found some of the best information in Coach Levi's site:

If you are riding with a high cadence in an easy gear, pedaling is going to tax your cardiovascular and respiratory systems. If you have a strong heart and lungs, you can probably hold a fast cadence for a long period of time. Because of the easy gear, it will produce less strain on your muscles.

Low cadence riding in a hard gear taxes your skeletal muscles, specifically your quads. Since you're using a big gear, you have to apply lots of force to turn it. Turning the big gear slowly has less effect on your heart and lungs, so you're less likely to be gasping for air or have a skyrocketing heart rate.

However, there is an edge towards the higher cadence riding. Your heart and lungs can take repeated punishment for long periods of time (and they recovery quickly after hard efforts,) while your muscles will fatigue relatively quickly.

A high cadence also places less stress and torque on your knees. So if you have bad knees, you're usually better off spinning faster, in a low gear.....As adapted from <http://coachlevi.com>.

So, with that in mind, let's go out there and work on our student's efficiency and threshold management skills. While the work is hard, they will thank you later when we get to muscular endurance and strength.

1. **(3:28) - 85-95 rpm**
Somewhere New (feat. M-22) [Radio Edit] - Klingande

2. **(3:40) - 80-90 rpm**
Burnin' Up (feat. 2 Chainz) - Jessie J - (124 bpm)

3. **(2:56) - 70-90 rpm**
We Are the Nights (Club Edit) - Global Deejays & Envegas

4. **(3:28) - 90-90 rpm**
Red Balloon (Bonus Track) - Charli XCX

5. **(4:33) - 90-90 rpm**
Guest List - Alvaro & Jetfire

6. **(3:58) - 65-70 rpm**
Samba Trance (Original) - Hilight Tribe

7. **(3:29) - 80-90 rpm**
Black Widow (feat. Rita Ora) - Iggy Azalea

8. **(5:23) - 85-95 rpm**
Devil Drums - Scooter

9. **(3:24) - 95-105 rpm**
Waistline (feat. Keno) - Zookëper

10. **(3:45) - 85-90 rpm**
Burn - KSHMR & DallasK - (128 bpm)

11. **(3:26) - 70-75 rpm**
Trumpets (feat. Sean Paul) - Sak Noel & Salvi

12. **(3:17) - 90-90 rpm**
PAYDAY - Alesso

13. **(4:24) - 90-110 rpm**
Bring in the Katz (feat. Pork Chop) - KW Griff

14. (4:10)

Stop Where You Are - Corinne Bailey Rae

15. (3:31)

Say You Won't Let Go - James Arthur
