

ID: F2 60 Cue
NAME: Cycle Action (Form Drills)
FOCUS: Form for position and skills
Key: Each section is done only once.

Rate: 2.61

By: Robin Robertson 1/31/13

Zone 1 = Blue (Easy); Zone 2 = Green (Moderate); Zone 3 = Yellow (Hard); Zone 4 = Orange (Very Hard); Zone 5 = Red (Max Effort)

Pre ride Music							Action	Nadine Sutherland	0:03:23	0:03:23
Time	Duration	Focus	Details	Tension Low Medium High	RPM	HR/RPE Zone	Title	Artist	Song Time	Set Time
START TIMER HERE										
1-5	5:00	Warm Up	Easy Spin	L	85-95	1	Haitiando	Pa Koute Konsey	0:05:11	0:05:11
5-6	1:00	Power	Hold RPM, Add T (Very Hard Effort)	H	85-95	4	La Logo	Alpha Blondy	0:04:42	0:09:53
6-7	1:00	Warm Up	Easy Spin	L	85-95	1				
7-8	1:00	Pedal Speed	Increase RPM (Very Hard Effort)	H	100+	4				
8-10	2:00	Warm Up	Easy Spin	L	85-95	1				
10-15	5:00	Single Leg	5X: 0:30 one leg, 0:15 together; 0:30 other leg	M	80-95	2	When it Comes to You	Dire Straights	0:05:01	0:14:54
15-21	6:00	Pedal Stroke	Make sure flywheel is not driving the movement. Body should be stable. 2:00 Repeat 1X: 0:30 Downstroke, 0:30 Bottom Stroke, 0:30 Upstroke, 0:30 TopStroke 2:00 Repeat 2X: 0:15 each stroke 1:00 Perfect pedal stroke: all together for a bigger circle than your pedals want to allow	M	75-90	2	Workee	Jumbalassy	0:06:09	0:21:03
21-23:15	2:15	Recovery	Easy Spin	L	90+	1	More than She Knows	Spin doctors	0:02:12	0:23:15
23:15-28:15	5:00	Transitions	Alternate standing with seated surge to standing with the music: Start seated, Stand @ 0:50, seated @1:20, Stand @ 1:40, Seated @ 2:00 Stand@2:45, Seated @3:04, Stand@3:27, Seated @4:23 thru end of song.	M	70-80	3-4	Listen to the Music remix	Doobie Brothers	0:05:01	0:28:16
28:15-31:15	3:00	Recovery	easy spin	L	90+	1	Runaway Boys	Stray Cats	0:03:03	0:31:19

31:15-40:15	9:00	Rolling Hills	Repeat 3x 1:00@ 90 rpm Mod (Flat Road) 1:00 @70 rpm Heavy (Climb) 1:00 @95 rpm Light (Descent)	M H L	90 70 95+	3	Its Raining Men Part of Me	The Weather Girls Katy Perry	0:05:25 0:03:35	0:36:44 0:40:19
40:15-43	2:30	Recovery	easy spin	L	90	1	I Should Have Known Better	Beatles	0:02:44	0:43:03
43-50	8:00	Seated & Standing Climb	Each 1:00: Seated 0:30, add T & Stand 0:30 @90 Seated 0:30, add T & Stand 0:30 @85 Seated 0:30, add T & Stand 0:30 @80 Seated 0:30, add T & Stand 0:30 @75 Seated 0:30, add T & Stand 0:30 @70 Seated 0:30, add T & Stand 0:30 @65 Seated 0:30, add T & Stand 0:30 @60 Repeat 60 Rpm, kick it for last 0:30.	H	90 85 80 75 70 65 60 60	3 4	Sober Break of Dawn	Pink Salt N Pepa	0:04:16 0:03:46	0:47:19 0:51:05
50-55	5:00	Cool Down	Easy Spin, bring HR down: include 0:30 standing (walking pace), 0:30 quick pedal 100+rpm all light tension.	L	80+	1	Indiana Jones	Theme	0:05:35	0:56:40
55-60	5:00	Stretch	30S each: calf, quads, hamstrings, side bend, hip flexor, shoulders, final relaxing 3 breaths (in thru nose, big mouth exhale) Congratulate and clap.				Learning the Everlasting Township Jive	Ladysmith Black Mambazo Ladysmith Black Mambazo	0:04:56 0:04:39	1:01:36 1:06:15