



Indoor Cycle Instructor PROfile **Paceline Cycling in France**

Created by **Tom Scotto / Cycling Fusion**

Training Type: **Virtual Ride**

Working HR Zones: **Zone 3 & 4**

Cycling Specificity: **4**

Total Class Length: **60 minutes**

PROFILE DESCRIPTION

A five minute warm-up and cool-down provide bookends to the perfect ride at the base of the French Alps. Two steady 20-minute efforts separated by a 5-minute recovery will provide many training scenarios and objectives with this DVD.

OBJECTIVE AND INTENSITY

Since the structure of this DVD is based around two 20-minute steady-state efforts, one could easily approach this as a tempo ride (Zone 3) with intermediate recovery or a 2x20 threshold field test pushing the limits of Zone 4.

Warm-Up / Cool-Down

The warm-up and cool-down are presented as a slideshow of various photos of the region of France and the riders (cast of characters) who participated in the ride.

The warm-up is a perfect time to explain the concept of paceline riding, it's purpose and advantages. Some indoor riders have never experienced an organized outdoor ride, so a paceline can appear very foreign to them.

Intermediate Recovery

Riders should welcome this relatively short 5-minute recovery time. Regardless of whether you approach this DVD as a tempo or threshold ride, the recovery is both a needed physical and mental break.

Optimal Leg Speeds

For pacelining during tempo and threshold efforts, a cadence range of 80 to 100 RPM is optimum. However a cadence between 90-100 is preferred. Much of how you approach this with your class will depend on their fitness level and how much time they have dedicated to developing leg speed technique.

THE VIRTUAL RIDE

The virtual ride is broken down into segments. I will describe each segment and provide some cues for various timings.

Here's The Plan

Length: **5 minutes**

Intensity: **Zone 2-3**

Given the two twenty-minute segments that are upcoming, this 5-minute ride segment completes the warm-up and helps to prepare the mind for the workout ahead.

TIME	DESCRIPTION
@ 5:00	Use the first 2 minutes of this segment to have riders increase their resistance or gear to bring their heart rates into Zone 2. Their breathing should remain steady and in their comfort zone.
@2:45	A slight uphill grade begins, which is perfect for adding more resistance and performing a series of standing efforts to place some pressure on the legs and wake up the muscles. Allow each standing effort to raise the rider's heart rate to Zone 3.

Paceline Sustainability

Length: **120:00**

Intensity: **Zone 3 & 4**

Triathletes often are not accustomed to pacelining, yet it offers superb training opportunities and is a great way to add base-building miles early in the season. Watch and learn how to properly paceline or use this as a first of 2 power tests for FTP or Sustainable cycling power.

TIME	DESCRIPTION
@ 20:00	Allow the first few minutes for riders to ramp their intensity to Zone 3 and settle into tempo effort. This is a great time to remind them about relaxation, form and gauging their effort over the 20 minutes.
@16:00	For the next minute ask riders to increase their effort to Zone 4.
@15:00	The camera moves to the front, which is perfect for simulating riders leading the group and dealing with the effect of the wind. For this 1-minute effort, ask riders to increase their intensity to low Zone 5 (5a). Unfortunately, the higher level of effort has shattered the paceline and everyone will need to regroup.
@14:00	The pace picks up again after a short break to regroup. Have riders return to Zone 3.
@13:00	Riders form a 2 x 2 (or 2 abreast) formation, which keeps everyone in Zone 3. Have riders come out of the saddle during the slight uphill section to stretch their legs.
@9:30	The pace noticeably increases again as riders are starting to re-establish the

	tempo pace.
@8:30	The camera again returns to the front putting the riders in our class at the front. Being in the wind and leading the group should increase their heart rate to Zone 4.
@6:00	The paceline is reformed and the intensity increases to Zone 4
@3:15	For the next minute and fifteen seconds riders will need to deal with a short 4-6% climb which will most-likely throw their heart rate in to Zone 5. They will need to quickly recover in order to finish strong.
@2:00	The road flattens out, but this is no time to ease off the pace. Encourage the class to try to get their heart rate to return to Zone 4.
@1:00	The road goes uphill to provide one final challenge to this 20-minute segment.

Recovery is Not a Race

Length: **5:00**

Intensity: **Zone 1**

Whether you are riding a steady state, tempo or power ride on this terrain, you will want to take at least 5 minutes between efforts to recovery and become properly prepared for the next long segment.

Help your class determine who successful they were during the first 20-minute effort. Could they have pushed harder toward the end? Did their body shut down before the end? If they shut down or were not able to complete the segment, what provided the most challenge – did their legs fail or did their heart rate increase out of control. Have them make decisions as to how they are going to approach the next 20-minute effort.

Hanging On

Length: **20:00**

Intensity: **Zone 3 & 4**

By the time you hit the second 20-minute segment, you may find yourself trying to keep from falling off the back of an ever increasing paceline. Our riders will lead you home, but it’s up to you to keep up the pace and hang on till the then.

TIME	DESCRIPTION
@20:00	Have the riders begin ramping up their intensity to Zone 3 again and setting into a tempo. They should take a moment to examine their form and establish a steady breathing rhythm.
@16:15	The paceline reforms putting the pressure back on and driving heart rates further into Zone 4.
@12:00	A 1-minute climb further jacks their heart rate into Zone 5, bringing them to a breathless state which they will need to recover from if they are going to sustain a steady-strong effort for the remaining 11 minutes.
@11:00	The road flattens out, but it is not a time to shut down, but rather a time to return to a steady Zone 4 effort.
@10:00	With only a minute to pull it back together, the class is then asked to take the

	front of the group which again drives their heart rate into the bottom of Zone 5 (5a). Let your class know that this is a long effort and they will risk blowing up if they push to hard. They will need to stay on the edge and work hard at the front.
@2:45	The road pitches up one last time for 30 seconds. This may be enough to push many over the edge, but encourage them to hold on. They are almost home.
@2:15	The flat road returns and it is clear sailing to the finish. Even though the road is flat, it is no excuse to back down. Encourage riders not to drop below Zone 4 in the final 2 minutes.

Music by

Nicholas Gunn, Groove State, QED, Duneflyer, EricM, Jeff Alford, The Atomica Project and EricM vx. Paul Sprecher.

Trademark Coaching Feature

This DVD has an optional coaching track that will transport the rider into a scene both mentally and visually. Gene Nacey and Tom Scotto ride with the Triathlon Europe squad.

Yoga for Cyclists

The limited range of motion and repetitive nature of Cycling can lead to over-use injuries for cyclists. As a bonus, a 20-minute cycling specific Yoga session follows the ride.

The DVD is produced by Global Ride Productions, LLC.

This is the second DVD in the 3 DVD France set.