



Indoor Cycle Instructor PROfile Tour de France Climbing 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

Come and ride the culmination of 3 days of training in the French alps by knocking down a climbers dream. Four distinct climbs, with the two finishers on the exact road ridden by the Tour de France just 2 days after this DVD was filmed on the Columbiere.

OBJECTIVE AND INTENSITY

The focus and objective of this ride is to still have something left in our legs and body to ride strong on the last climb up the Col de la Columbiere. Consistent with the preceding climb up the Col des Aravis, our goal will be to both manage our ability to ride in Zone 3 (75-80%) and Zone 4 (80-90%) and develop and test our muscular endurance.

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 profile and anticipated intensities and challenges of the ride. It will be important to stress the final climb and the need to ensure they gauge their effort in preparation for a successful ascent.

Intermediate Recovery

Since intermediate recovery is not provided during this ride, it is important to stress that rides approach the efforts at their own pace and where they are in their fitness. Those that have not experienced a 32 minute climb, may need extra encouragement and options to recovery during different parts of the ride.

Optimal Leg Speeds

Leg speeds between 85-100 RPM are effective for the Warm-up, Pre-Flight Checklist and cool-down. Maintaining a cadence between 65-80 RPM is ideal to develop muscular endurance without overwhelming the cardiovascular system.

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THE VIRTUAL RIDE

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

Pre-Flight Checklist

Length: **5 minutes**

Intensity: **Zone 2-3**

We'll spend the first 5 minutes mentally and physically preparing for what's in store for us during the ride.

TIME	DESCRIPTION
5:00	Climbing Accelerations Start with 10-second climbing accelerations and work up to 30 seconds accelerations with 20-30 seconds of recover between each. Introduce riders Fiona and Richard on the road.

Prime the Legs

Length: **8:00 minutes**

Intensity: **Zone 3 & 4**

Having the right frame of mind, we settle into an 8 mile climb with just grade to prime the legs for the double challenge that is yet to come.

TIME	DESCRIPTION
8:00	1-Minute Standing Intervals Start first minute seated and then alternate in and out of the saddle for the rest of this section of the climb. Stay in zones 3 & 4. Avoid zone 5. This is an excellent time to focus on form during these longer standing efforts. Encourage riders to stay relaxed and fluid out of the saddle.

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Big Cimb, Big Heart

Length: **9:00 minutes**

Intensity: **Zones 3-5**

As we begin the first of two monster climbs, we must stay with the leaders, or we will have to dig deep to find the courage and conviction to claw our way back to the pack.

TIME	DESCRIPTION
@0:00	<p>Welcome to the Col des Aravis</p> <p>This climb includes 4,879 feet of climb and has appeared in the Tour de France 39 times.</p> <p>Start the section with 3 minutes of steady-state climbing in zone 3. Introduce Roger who is a rider that will attempt to bridge up to Fiona and Richard.</p>
@3:00	<p>Roger bridges the gap!</p> <p>Time to work!!</p> <p>Threshold management (T2) playing at top of zone 4 and bottom of zone 5. Let's work with Roger to catch Fiona and Richard. Imitate the determination on Roger's face.</p>

Road of Champions

Length: **32:00 minutes**

Intensity: **Zone 4 & 5**

There could be no bigger finish for the France series than a 16km climb up the Col de la Columbiere. Experience the ebb and flow of pace and power as we conquer this epic climb tackled 20 times in the Tour de France.

TIME	DESCRIPTION
@0:00	<p>Welcome to the Col de la Columbiere</p> <p>This climb includes 5,292 feet of climbing and has appeared in the Tour de France 20 times.</p> <p>Use the first 2 minutes of the climb to "recover" from the Aravis. After the first 2 minutes stay in zone 4 during the intervals and zone 2 during the recovery. Threshold management for the last 16 minutes, targeting Zone 4 and then zone 5 during the last 4-5 minutes of the climb.</p>
@30:00	<p>The camera moves to the front for 1 minute and time for the tempo pickup and intensity increase to Zone 4.</p>
@29:00	<p>Riders ease off the front and return to some steady climbing for the next 3 minutes. Possibly returning to the bottom of Zone 4 or top of Zone 3.</p>
@25:00	<p>Time to go to the front again for a 4-minute climbing interval. The challenge is to maintain an effort which will definitely rattle the bottom of Zone 5.</p>

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	Threshold management is going to be key to refrain from blowing up.
@21:00	Time to attempt to recovery “while” climbing. Of course, recovery is relative and in this context translates as returning to Zone 4.
@18:00	Hopefully riders have had an opportunity to settle back into a rhythm. The next 2 minutes is very steady and great for just climbing at tempo in or out of the saddle.
@16:00	A steeper section of roads starts to hit the legs. Riders should add gear or resistance, which again may challenge their ability to avoid Zone 5. This steeper section is on 1:30 minutes, but long enough to cause problems.
@14:30	Time to set tempo at the front again. Follow the camera around the other riders and increase both leg speed and/or resistance for another 4:30 minute climbing interval. Keep in mind, 14 minutes of climbing still remains.
@10:00	Richard Attacks! Threshold management, strength management and any other kind of management is thrown to the wind. It is not time to respond. Can you stay with Richard as he is determined to show his dominance on the mountain?
@6:30	You are not content to just hang back and let Richard do all of the work. The camera moves to the front and riders get a chance to take a strong effort (or “pull” as we call it).
@4:00	Richard again returns to the front and this time for good. Stay with him for the final 4 minutes of the climb. Zone 5 is the only option!!!

Music by

Alex Cortiz, Groove State, Cosmolude, Soundpusher, Schwarz & Funk, IMIX, Same Walkertone Feat Francis Matthew, MKAY and DreamLab.

Trademark Coaching Feature

As a menu option, this DVD concludes a three part story of two coaches (Gene Nacey and Tom Scotto) working with their riders to the culmination of 3 days of cycling tryouts with Triathlon Europe.

Strength Training for Cyclists

Consistent with all Global Ride DVDs, we provide a 30 minute Bonus section or cross-training specific to the needs of a cyclist.

The DVD is produced by Global Ride Productions, LLC.

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