

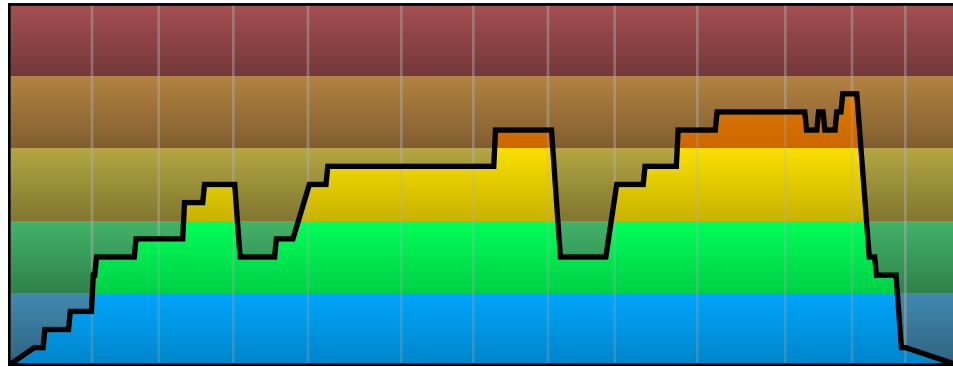
# Ride 42

Original Author: Lean Lena

**Class Time: 44:34**

**Points: 126**

	<b>Z1</b>	<b>Z2</b>	<b>Z3</b>	<b>Z4</b>	<b>Z5</b>
(points)	7	25	44	50	0
(minutes)	6.9	12.0	14.6	12.4	0.0
(time %)	15%	26%	31%	26%	0%



Conditioning

## 1. (3:52)

Happy (From "Despicable Me 2") - Pharrell Williams

**1:13: Faster by 5**

Zone: L1 Cadence: 80-110 rpm RPE: 1

**1:38: Add and up**

Zone: 1 Cadence: 80-110 rpm RPE: 2

**2:01: Down and +5**

Zone: 1 Cadence: 80-110 rpm RPE: 2

**2:49: Up**

Zone: H1 Cadence: 80-110 rpm RPE: 3

**3:31: Down**

Zone: H1 Cadence: 80-110 rpm RPE: 3

## 2. (3:08)

FourFiveSeconds - Rihanna and Kanye West and Paul McCartney

**0:01: Loop 1**

Zone: L2 Cadence: 60-80 rpm RPE: 4

**0:10: Add moderate resistance**

Zone: 2 Cadence: 60-75 rpm RPE: 4

**0:30: Seated climb**

Zone: 2 Cadence: 60-75 rpm RPE: 4

**2:01: Add and stand, HP3**

Zone: H2 Cadence: 60-75 rpm RPE: 5

## 3. (3:32)

I Put a Spell On You - Annie Lennox

**0:21: Continue standing**

Zone: H2 Cadence: 60-75 rpm RPE: 5

**1:09: Add 1**

Zone: L3 Cadence: 60-70 rpm RPE: 5

**2:05: Add 2**

Zone: 3 Cadence: 60-70 rpm RPE: 6

**3:00: Add 3**

Zone: 3 Cadence: 60-65 rpm RPE: 6

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**4. (3:31)**

Uma Thurman - Fall Out Boy

**0:03: Back to flat**

Zone: 2 Cadence: 80-110 rpm RPE: 4

**0:37: Hold 80**

Zone: 2 Cadence: 80-80 rpm RPE: 4

**1:04: 85**

Zone: 2 Cadence: 85-85 rpm RPE: 4

**1:55: 90**

Zone: H2 Cadence: 90-90 rpm RPE: 5

**2:47: 95**

Zone: H2 Cadence: 95-95 rpm RPE: 5

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**5. (4:19)**

Drops of Jupiter - Train

**0:01: Loop 2**

Zone: 3 Cadence: 60-80 rpm RPE: 5

**0:02: Seated climb**

Zone: 3 Cadence: 60-80 rpm RPE: 5

**0:48: Add 1**

Zone: H3 Cadence: 60-75 rpm RPE: 6

**2:00: Add 2**

Zone: H3 Cadence: 60-75 rpm RPE: 6

**3:00: Add 3**

Zone: H3 Cadence: 60-75 rpm RPE: 6

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**6. (3:20)**

Ka-Ching! (Red) - Shania Twain

**0:03: Standing climb**

Zone: H3 Cadence: 60-75 rpm RPE: 6

**0:39: +2**

Zone: H3 Cadence: 60-75 rpm RPE: 6

**1:12: Slow down**

Zone: H3 Cadence: 60-75 rpm RPE: 6

**1:27: +2**

Zone: H3 Cadence: 60-75 rpm RPE: 6

**2:03: Slow down**

Zone: H3 Cadence: 60-75 rpm RPE: 6

**2:27: +2**

Zone: H3 Cadence: 60-75 rpm RPE: 6

**3:01: Slow down**

Zone: H3 Cadence: 60-75 rpm RPE: 6

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**7. (3:28)**

**Paralyzer - Finger Eleven**

**0:59: Up**

Zone: L4 Cadence: 60-75 rpm RPE: 7

**1:17: Down**

Zone: L4 Cadence: 60-75 rpm RPE: 7

**1:53: Up**

Zone: L4 Cadence: 60-75 rpm RPE: 7

**2:11: Down**

Zone: L4 Cadence: 60-75 rpm RPE: 7

**2:29: Up**

Zone: L4 Cadence: 60-75 rpm RPE: 7

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**8. (3:13)**

**Lonely Boy - The Black Keys**

**0:13: Flat, recover**

Zone: 2 Cadence: 80-110 rpm RPE: 3

**1:02: Add 1**

Zone: 2 Cadence: 80-90 rpm RPE: 3

**1:59: Add 2**

Zone: 2 Cadence: 80-90 rpm RPE: 4

**2:45: Add 3**

Zone: 2 Cadence: 80-85 rpm RPE: 4

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**9. (3:50)**

**Peter Gunn Theme - The Blues Brothers**

**0:03: Loop 3**

Zone: 3 Cadence: 60-80 rpm RPE: 5

**0:11: Seated climb**

Zone: 3 Cadence: 60-80 rpm RPE: 5

**1:17: Add 1**

Zone: H3 Cadence: 60-75 rpm RPE: 6

**2:50: Add 2**

Zone: L4 Cadence: 60-75 rpm RPE: 6

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**10. (4:07)**

**Try - Pink - (104 bpm)**



Muscular Endurance



Climbing

**0:06: Keep resistance**

Zone: L4 Cadence: 60-80 rpm RPE: 6

**0:10: Standing Climb**

Zone: L4 Cadence: 60-75 rpm RPE: 6

**0:49: Add 1**

Zone: 4 Cadence: 60-75 rpm RPE: 6

**1:52: Add 2**

Zone: 4 Cadence: 60-70 rpm RPE: 7

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**11. (3:09)**

4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna



Skill Specific



Pedal Technique

**0:53: Jumps 1**

Zone: L4 Cadence: 60-70 rpm RPE: 6

**1:10: Stay up**

Zone: L4 Cadence: 60-70 rpm RPE: 6

**1:27: Jumps 2**

Zone: 4 Cadence: 60-70 rpm RPE: 7

**1:44: Down**

Zone: L4 Cadence: 60-70 rpm RPE: 6

**2:18: Jumps 3**

Zone: 4 Cadence: 60-70 rpm RPE: 7

**2:34: Stay up**

Zone: H4 Cadence: 60-70 rpm RPE: 8

**2:51: Jumps 4**

Zone: H4 Cadence: 60-70 rpm RPE: 8

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**12. (2:26)**

Ain't No Mountain High Enough - Marvin Gaye & Tammi Terrell

**0:09: Flat, recover**

Zone: 2 Cadence: 80-90 rpm RPE: 3

**1:00: Start slowing down**

Zone: L2 Cadence: 80-80 rpm RPE: 2

**2:00: Take all R off**

Zone: L1 Cadence: 70-70 rpm RPE: 2

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**13. (2:33)**

Gone Fishin' (Single Version) - Louis Armstrong & Bing Crosby

**0:01: Stretching off bike**

Zone: L1 RPE: 1

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