

Ride 57 - R'nR Hall Of Fame

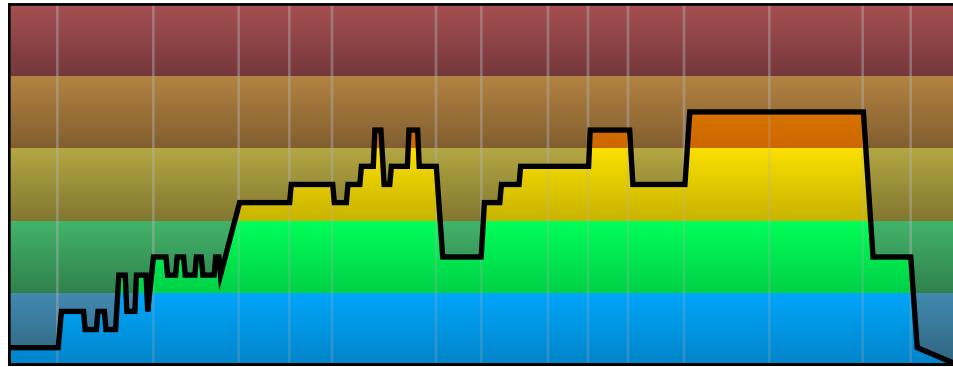


Original Author: Lean Lena

Class Time: 49:28

Points: 140

	Z1	Z2	Z3	Z4	Z5
(points)	10	21	56	53	0
(minutes)	9.1	10.4	18.5	13.1	0.0
(time %)	17%	20%	36%	25%	0%



Conditioning

1. 1986 (2:35)

Hallelujah I Love Her So (Single) - Ray Charles



Warmup

0:01: Warmup

Zone: L1 Cadence: 80-90 rpm RPE: 1

0:52: Add and up

Zone: L1 Cadence: 80-80 rpm RPE: 2

1:18: Down

Zone: L1 Cadence: 80-90 rpm RPE: 1

1:45: Up

Zone: L1 Cadence: 80-80 rpm RPE: 2

2:00: Explain next segment

Zone: L1 Cadence: 80-90 rpm RPE: 1

2:10: Add

Zone: L1 Cadence: 80-90 rpm RPE: 3

2. 1990 (4:57)

Baba O'Riley - The Who



Intervals



Pedal Technique

0:01: 100 for 15

Zone: H1 Cadence: 100-100 rpm RPE: 4

0:15: 90 for 45

Zone: H1 Cadence: 90-90 rpm RPE: 3

1:00: 100 for 20

Zone: H1 Cadence: 100-100 rpm RPE: 4

1:20: 90 for 40

Zone: 1 Cadence: 90-90 rpm RPE: 3

2:00: 100 for 25

Zone: H1 Cadence: 100-100 rpm RPE: 4

2:25: 90 for 35

Zone: 1 Cadence: 90-90 rpm RPE: 3

3:00: 100 for 30

Zone: L2 Cadence: 100-100 rpm RPE: 5

3:30: 90 for 30

Zone: H1 Cadence: 90-90 rpm RPE: 4

4:00: 100 for 35

Zone: L2 Cadence: 100-100 rpm RPE: 5

4:35: 90 for 25

Zone: H1 Cadence: 90-90 rpm RPE: 4

3. 1992 (4:28)

Shout (Remastered) - The Isley Brothers

0:01: Add more R

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

0:10: 100 for 30

Zone: 2 Cadence: 100-100 rpm RPE: 5

0:40: 90 for 30

Zone: L2 Cadence: 90-90 rpm RPE: 4

1:10: 100 for 25

Zone: 2 Cadence: 100-100 rpm RPE: 5

1:35: 90 for 35

Zone: L2 Cadence: 90-90 rpm RPE: 4

2:10: 100 for 20

Zone: 2 Cadence: 100-100 rpm RPE: 5

2:30: 90 for 40

Zone: L2 Cadence: 90-90 rpm RPE: 4

3:10: 100 for 15

Zone: 2 Cadence: 100-100 rpm RPE: 5

3:25: 90 for 45

Zone: L2 Cadence: 90-90 rpm RPE: 4

4. 1986 (2:36)

Johnny B Good - Chuck Berry

0:01: Add R

Zone: L3 Cadence: 80-110 rpm RPE: 6

0:10: Explain Time Trial

Zone: L3 Cadence: 80-110 rpm RPE: 6

0:45: Start Time Trial

Zone: L3 Cadence: 80-110 rpm RPE: 6

5. 1987 (2:09)

Rock Around the Clock - Bill Haley & His Comets

0:01: Cont. Time Trial. Add more R

Zone: 3 Cadence: 80-100 rpm RPE: 6

6. 1991 (5:27)

Proud Mary - Tina Turner



Intervals



Climbing

0:05: Add base of hill

Zone: L3 Cadence: 60-80 rpm RPE: 5

0:48: Add 2

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

1:30: Add 3

Zone: H3 Cadence: 60-80 rpm RPE: 6

2:12: Add 4

Zone: L4 Cadence: 60-80 rpm RPE: 7

2:35: Lighten up and go faster

Zone: 3 Cadence: 80-110 rpm RPE: 7

3:03: +10

Zone: H3 Cadence: 80-110 rpm RPE: 6

3:46: +10

Zone: H3 Cadence: 80-110 rpm RPE: 7

3:58: Up

Zone: L4 Cadence: 80-110 rpm RPE: 7

4:30: +10

Zone: H3 Cadence: 80-110 rpm RPE: 7

7. 1988 (2:18)

Help! - The Beatles

0:01: Recover

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

8. 1989 (3:32)

Start Me Up - The Rolling Stones

0:02: Add base of Hill

Zone: L3 Cadence: 80-80 rpm RPE: 4

1:00: Add 2 keep cadence

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

2:00: Add 3, 75 RPM

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

3:00: Add 4, keep 75

Zone: H3 Cadence: 75-75 rpm RPE: 7

9. 1987 (2:01)

Summertime Blues - Eddie Cochran

0:03: Keep R, Standing Climb

Zone: H3 Cadence: 75-75 rpm RPE: 7

10. 1986 (2:09)

Heartbreak Hotel - Elvis Presley

0:02: Add to go down to 65-70 RPM

Zone: L4 Cadence: 65-70 rpm RPE: 8

0:20: Mean climb, rider's choice of position

Zone: L4 Cadence: 65-70 rpm RPE: 8

11. 1993 (2:53)

Mama He Treats Your Daughter Mean - Ruth Brown

0:01: Recover on mild climb

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

0:42: Run

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

1:45: Run

Zone: 3 Cadence: 70-78 rpm RPE: 7

12. 1996 (4:20)

Fame - David Bowie

0:01: Add R

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

0:20: Up for 15

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

0:35: Down for 45

Zone: 4 Cadence: 60-78 rpm RPE: 7

1:20: Up for 30

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

1:50: Down for 30

Zone: 4 Cadence: 60-78 rpm RPE: 7

2:20: Up for 45

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

3:05: Down for 15

Zone: 4 Cadence: 60-78 rpm RPE: 7

3:20: Up for 60

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

13. 1995 (4:55)

Black Dog - Led Zeppelin

0:01: Down for 60

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

1:00: Up for 45

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

1:45: Down for 15

Zone: 4 Cadence: 60-78 rpm RPE: 7

2:00: Up for 30

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

2:30: Down for 30

Zone: 4 Cadence: 60-78 rpm RPE: 7

3:00: Up for 15

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

3:15: Down for 45

Zone: 4 Cadence: 60-78 rpm RPE: 7

4:00: Up till end

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

14. 1988 (2:28)

Surfin' U.S.A. - The Beach Boys



Cooldown

0:01: Cool Down

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

15. 1990 (2:33)

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

0:00: Stretch off the bike

Zone: L1 RPE: 1
