

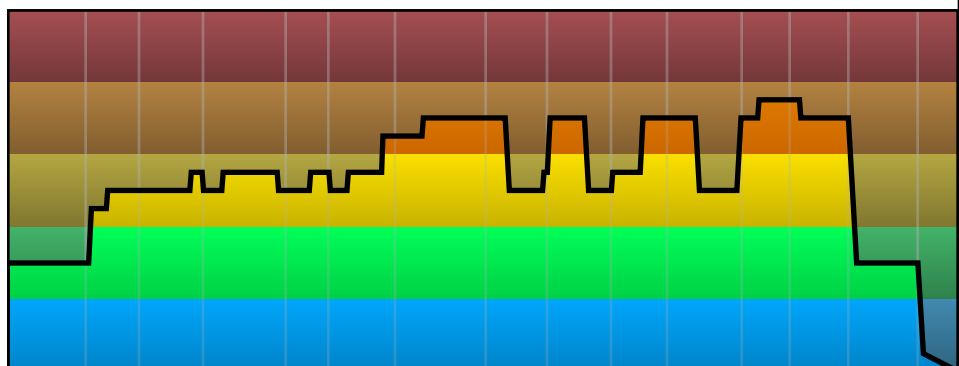
# Ride 47 - RE-Covers

Original Author: Lean Lena

**Class Time: 57:16**

**Points: 185**

	Z1	Z2	Z3	Z4	Z5
(points)	3	19	80	83	0
(minutes)	2.2	9.1	26.5	20.6	0.0
(time %)	3%	15%	45%	35%	0%



Performance

## 1. (4:48)

Hey Jude (130 Bpm) - James Perrone

**0:01: Warm up**

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

**0:15: Explain the ride**

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

## 2. (3:06)

I Love Rock 'N' Roll - Britney Spears

**0:06: Seated Climb for 1:15**

Zone: L3 Cadence: 60-75 rpm RPE: 5

**1:10: Add R**

Zone: 3 Cadence: 60-15 rpm RPE: 6

**1:21: Standing climb for 1:15**

Zone: 3 Cadence: 60-75 rpm RPE: 6

**2:20: Add R**

Zone: 3 Cadence: 60-70 rpm RPE: 7

**2:36: Start jumps for 1:15**

Zone: 3 Cadence: 60-75 rpm RPE: 7

## 3. (3:48)

Beat It (feat. John Mayer) - Fall Out Boy

**0:01: Cont. jumps**

Zone: 3 Cadence: 60-70 rpm RPE: 7

**0:35: Dial R back**

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

**0:45: Standing flat for 1:15**

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

**2:00: Seated flat for 1:15**

Zone: 3 Cadence: 80-110 rpm RPE: 5

**3:05: Add R**

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

**3:15: Seated climb for 1:45**

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

---

**4. (5:00)**

Fever - Madonna - (116 bpm)

**0:01: Cont. seated climb**

Zone: 3 Cadence: 60-75 rpm RPE: 6

**1:12: Standing climb for 1:45**

Zone: H3 Cadence: 60-70 rpm RPE: 7

**2:47: Add R**

Zone: H3 Cadence: 60-70 rpm RPE: 8

**2:57: Jumps for 1:45**

Zone: H3 Cadence: 60-70 rpm RPE: 8

**4:32: Dial R back to flat**

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

**4:42: Standing flat for 1:45**

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

---

**5. (2:36)**

16 Tons - Robbie Williams

**0:01: Cont. stand flat**

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

**1:27: Seated climb for 2:15**

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

---

**6. (4:02)**

Stand By Me - Seal

**0:01: Cont. seated climb**

Zone: 3 Cadence: 60-75 rpm RPE: 6

**1:06: Standing climb for 2:15**

Zone: H3 Cadence: 60-70 rpm RPE: 7

**3:11: Add R**

Zone: L4 Cadence: 60-70 rpm RPE: 8

**3:21: Jumps for 2:15**

Zone: L4 Cadence: 60-70 rpm RPE: 8

---

**7. (5:23)**

The Unforgiven (Instrumental Version) - Apocalyptica

**0:01: Cont. jumps**

Zone: L4 Cadence: 60-70 rpm RPE: 8

**1:34: Seated climb for 2:30**

Zone: 4 Cadence: 60-70 rpm RPE: 8

**4:04: Standing climb for 2:30**

Zone: 4 Cadence: 60-70 rpm RPE: 8

---

**8. (3:42)**

Thunderstruck - 2CELLOS, Stjepan Hauser & Luka Sulic

**0:01: Cont. stand. Climb**

Zone: 4 Cadence: 60-70 rpm RPE: 8

**1:11: Seated flat for 2:15**

Zone: 3 Cadence: 80-110 rpm RPE: 4

**3:26: Standing flat for 2:15**

Zone: H3 Cadence: 80-80 rpm RPE: 5

---

**9. (3:51)**

In a Gadda Da Vida - Yat-Kha

**0:01: Jumps for 2:15**

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

**2:15: Seated flat for 1:45**

Zone: 3 Cadence: 80-110 rpm RPE: 6

---

**10. (3:18)**

Physical (Glee Cast Version) [feat. Olivia Newton-John] - Glee Cast

**0:01: Standing flat for 1:45**

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

**1:45: Jumps for 1:45 till end**

Zone: 4 Cadence: 80-110 rpm RPE: 8

---

**11. (4:30)**

Back in Black - Anastacia

**0:01: Seated climb for 1:45**

Zone: 4 Cadence: 60-70 rpm RPE: 8

**1:45: Seated flat for 1:15**

Zone: 3 Cadence: 80-110 rpm RPE: 6

**3:00: Standing flat for 1:15**

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

**4:15: Jumps for 1:15**

Zone: 4 Cadence: 80-110 rpm RPE: 8

---

**12. (2:56)**

We Will Rock You - Five

**0:01: Count. Jumps**

Zone: 4 Cadence: 60-70 rpm RPE: 8

**1:00: Seated Climb for 1:15**

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

**2:15: Standing climb for 1:15**

Zone: H4 Cadence: 60-70 rpm RPE: 9

---

**13. (3:29)**

Smooth Criminal - Alien Ant Farm

**0:01: Cont. stand. climb**

Zone: H4 Cadence: 60-70 rpm RPE: 9

**0:34: Dial R back**

Zone: 4 Cadence: 80-110 rpm RPE: 8

**0:40: Race till the end**

Zone: 4 Cadence: 80-110 rpm RPE: 8

---

**14. (4:11)**

Ain't No Mountain High Enough - The Temptations

**0:01: Recovery**

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

---

**15. (2:29)**

Defying Gravity (Glee Cast Version) - Glee Cast

**0:01: Stretch off the bike**

Zone: L1 RPE: 1

---