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Keiser Cycling: The Competitive Edge - Tour de France Workout

Stage	Music	Intensity	Drill	Time	Focus/Cues
1	Tour de France, Etape 2 Kraftwerk (6:41)	Zone 1 - 3	Warm Up	6:41	Gradual climb and increase in intensity of the start of the race. Focus on pedaling technique, how the team is going to work together, observing the overall class mind games of the beginning of an event. A little bit of pressure mounting but still in Zone 3.
2	Via Con Me Paolo Conte (2:36)	Zone 3 - 4	Pace line pressuring	9:17	Working in a team, rotating being in the front - increase intensity by 40 Watts when in front.
3	Les Yeux De Ton Pere Les Negresses Vertes (3:57)	Zone 3 - 5	Break-a-way	13:14	Establishing place in Peloton. Class can call out Break-a-way, instructor decides when it is over. Beginning of single track, Spin out recovery 2 min.
4	C'est pour les miens (Remix) - Pagail (3:24)	Zone 4 - 5	Climb	16:38	Steady and steep. The key is to maintain or increase power as the climb progresses. Needing to stay in the front pack.
5	Human (Ferry Corsten Remix) The Killers (6:54)	Zone 4 - 5	Acceleration Blast	23:32	Increasing the - ability to answer attacks with power. Increase resistance every 30 sec and then push cadence as high as can for :15. Recover and repeat.
6	Face a la mer - Calogero featuring Passi (3:43)	Zone 4 - 5	Hill Intervals	27:15	Pace changes on a climb. Training students to match accelerations while climbing. Hard climb incorporating both standing and sitting.
7	Sadness (Violent US Remix) Enigma (4:43)	Zone 4 - 6	Hill sprints	31:58	Increases the ability to accelerate up a hill and still be able to ensure power for the end.
8	Born Slippy (Nuxx) Underworld (9:45)	Zone 3 - 5	Team Time Trial	35:57	Utilize the draft and similar speeds (consistent pace).
9	House'llelujah Stromae (3:59)	Zone 4 - 6	Attacking the Peloton	45:42	Battle it out - 15 second.
10	I Love Paris- Toots T (1:41) La Mer - Kevin Kline (3:47)	Zone 1 - 3 Zone 1 - 3	Cool Down Cool Down	46:23 50:10	*All songs are from the French Kiss Soundtrack. Workout Zones can be pre-calculated in a Field Test and awards can be based on these results. Different types of riders (climbers, sprinters, all around) can be differentiated by wrist bands, beaded necklaces, "buffs"...