

3225 - Stages™ Cycling: Team Pursuit

FRIDAY, 1:30-3:00pm

Presented By: **Kristy Kilcup, Pam Benchley and Javier Santin**, Stages Indoor Cycling Master Educators

Session Description:

Come ride the indoor velodrome, courtesy of Stages Flight, the very latest in group display technology. You and your team will race in a heart-pounding simulated team pursuit. Work at power zones authentic to this Olympic event, as you help your team turn in a performance better than any one person could ride alone. Just like a real-life track bike, we've got a fixed gear and no brakes. The only thing missing in this session is the G-force through the turns!

“What sets the Team Pursuit apart is how teams achieve speeds well above the limits of individual riders by taking advantage of the energy conserving effect of drafting. Executed well, the exchanging of position occurs with clockwork precision. Team Pursuit is poetry in motion; the ultimate display of power, technique, and teamwork.”

What is the Team Pursuit?

- Olympic Event: 4K / 4 riders
- 250 meter indoor velodrome =>16 laps
- 41-48 degree banking in turns
- Track bike: fixed gear, no brakes
- Riders centimeters apart
- Speeds up to 60 kph

Technique/Strategy

- Time taken off 3rd rider's wheel
- High rpm (105 -120) + High force (large gear) = HIGH power output
- Lead rider = 100% of effort
 - 2nd rider = 70% (draft)
 - 3rd rider = 65%
 - 4th rider = 65%
- d. The Start
- e. Pacing
- f. The “Death Pull”
- g. NO Coasting....EVER!!!

Physiologic demands

- Event duration approx. 4-5:00
- Metabolic systems
 - Anaerobic power
 - High-end aerobic power
 - A.W.O.L.
 - Power outputs of elite TP riders
- c. Smooth riding skills
- d. 100% mental FOCUS, 100% of the time!