

3329: Stages® Cycling: Power vs. Rhythm, Part Deux-The Debate Is Still On!

Workshop Presented By: Kristy Kilcup & Javier Santin

Appreciating the delicate balance between the power-based rider and the rhythm rider is imperative for today's indoor cycling instructor. Will a power-filled profile cause your party riders to walk away? You don't want to miss this session in which we'll address "the elephant in the room" in our cycling communities. We will delve into the aspects of body positioning, goal setting, musicality and metrics—all while keeping humor alive throughout as we blend both perspectives.

WHO SAYS MUSIC AND POWER CAN'T LIVE TOGETHER?

7 Sample Rides of blending both rhythm and purpose

1. "Revolutions vs. Resistance...who will win?"

GOAL: As you work through these intervals that are increasing in time, note if you create higher average watts when you're pushing RPM or Resistance.

- Warm-up 5-6 minutes (THUNDER by Imagine Dragons & FEEL IT STILL by Portugal, the Man)
- 3-minute song (about 100 rpm-HEY BABY by Dimitri Vegas & Like Mike):
- 60 seconds @ 90 rpm, 60 seconds @ 100 rpm, 60 seconds @ 110 rpm: Note average watts
 - Recover 90 seconds (Any timed music that is 90 seconds)
- 3-minute song (65-70 rpm- RADIOACTIVE by Imagine Dragons):
- Sprint shift center to create foundation 60 seconds, Increase resistance 60 seconds, increase resistance 60 seconds: Note average watts
 - Recover 3 minutes: LIVE IN THE MOMENT by Portugal, the Man
- 4.5-5 minute song (about 100 rpm- FILTHY by JT):
- 90 seconds @ 90 rpm, 90 seconds @ 100 rpm, 90 seconds @ 110: Note average watts
 - Recover 2 minutes: Your favorite 2 minute song!
- 4.5-5 minute song (about 65-70 rpm- UPTOWN FUNK DUB by Fatboy Slim)
- Sprint shift center to create foundation for 90 seconds, Increase resistance 90 seconds, increase resistance 90 seconds: Note average watts
 - Recover 4 minutes – MY BODY by Young the Giant
- Final round is all of the above but the songs are 6 minutes each, and each increase of output is every 2 minutes.

**Where were you stronger? Heavier resistance or fast leg speed?

2. "Worst Done First"

GOAL: As the work intervals decrease in time, increase average watts. Highest average watts in the 3-minute interval.

- Warm-up 5 minutes
- 7-minute song: In the Air Tonight Remix (7:32) Press Stage around the 7-minute mark
 - 2-minute recovery
- 6-minute song: You Can't Always Get What You Want – Soulwax Remix (6:07)
 - 2-minute recovery
- 5-minute song: Shine by Collective Soul (5:08)
 - 2-minute recovery
- 4-minute song: I Hate Myself for Loving You (4:07)
 - 2-minute recovery:
- 3-minute song: GDFR by FloRida (3:10)
 - 2-3-minute recovery

*Add in final 'party' song to complete the time of the class

3. "Loves Me, Loves Me Not, Loves Me..." - Over/Under Drills

GOALS:

1. Can you achieve VO2Max (over drill) and hold up to 3 min for each of the 6 attempts?
2. Can you only drop your intensity level in the "not such a recovery, recovery" (under drill) by no less than 30 – 40% of FTP?

3 x 3 min sets x2

- Warm Up
- RPM Pick Up Drills (1-3 RPM higher x 2 or 3 sets)
- 3-5MIN Functional Threshold Power (FTP – best sustainable effort for full duration of song, determine AVG Wattage and use as a BASELINE for calculating over/under Watts)
- 3-4 min recovery (zone 1 up to low 3)
- **3 Over Drills in VO2Max (zone 5) / 2 min tempo (zone 3: 76 – 80%)**
- 4-5 min endurance (zone 2)
- **3 Over Drills in VO2Max (zone 5) / 3 min tempo (zone 3: 80 – 85%)**

Songs for Over Drills:

- Get with You – The Damn Truth 3:06 (resistance)
- Higher Love – Matt Nash 2:59 (RPM)
- Keep on Rising – Fedde le Grand & Ian Carey – 3:05 (RPM)
- California Medication – USS 3:06 (resistance)
- Knock Me Down (feat. Elayna Boyton) – Makj & Max Styler 2:51 (RPM)
- Tom's Diner (feat. Solomina) – Twax – 3:06 (resistance or RPM)

4. “Welcome 2 My House” – Increased Intensity

GOALS:

1. During the Zone 3 pick-ups, can you stand and hold/increase RPM?
 2. On tired legs, can you still continue to increase wattage as you progress through Zone 4 to 5 to finish off the segment?
- Warm Up
 - Build Intensity
 - 3-5 min Functional Threshold Power (FTP – best sustainable effort for full duration of song, determine AVG Watts and use a BENCHMARK)
 - 3-4 min recovery (zone 1 up to low 3)
 - 10.5 min Drill:
 - **Zone 3 with pick-ups**
 - **Zone 4 – 5 Anyway you can – Choose your own adventure**
 - **3 min recovery (zone 1 up to high 2)**
 - 12.5 min Drill:
 - **Zone 3 with pick-ups**
 - **Zone 4 – 5 Anyway you can – Choose your own adventure**

Songs:

- Zone 3
 - Utopia – Serena Ryder 3:12
 - We are One (feat. Alexander Tidebrink) – Hardwell 3:23
 - Zone 4 – 5
 - Sail – Armin van Buuren 7:28
 - Talking to Myself – Linkin Park 3:51
 - 2 My House – Benny Benassi & Chris Nasty 5:24
5. Distance 4 x 12 minutes (at threshold with 2 min recovery between each)
6. 60RPM, 80RPM, 90RPM x 4 sets

5. “I Will Beat You”

GOAL: There are 3 rounds; in your 3rd round, you will beat the mileage achieved in the 1st round. (Holding effort during the mileage work at threshold, with 2 minute recoveries in between)

- Warm-up 5-7 minutes

Songs for each round:

- Round 1:
 - Something Just Like This by the Chainsmokers (4:07)
 - Pumpin’ Blood by NoNoNo (3:29)
 - All Fired Up by Pat Benatar (4:12)
 - ****Recovery 2 minutes (Any 2 minute song)**

- Round 2:
 - I Can Only Imagine by David Guetta (3:30)
 - Badgal by Rob & Jack (4:37)
 - Get On Up by Jauz & Pegboard Nerds (3:31)
 - I Can't Drive 55 by Sammy Hagar (4:13)
 - **Recovery 2 minutes (Any 2 minute song)
- Round 3:
 - 99 Luftballons by Nena (3:51)
 - Cinema by Skrillex Remix (5:08)
 - Where R U Now by Skrillex & Diplo (4:10)

6. "Different Payment Methods!"

GOAL: There are 4 rounds, and in each round, there are 3 different ways to pay for your effort 60RPM, 80RPM, 90RPM...after establishing your average MPH in round 1, meet or beat that each round.

*Warm-up 5-7 minutes

Round 1:

Barracuda by Pat Benatar 4:22 – 60 rpm
 Heartbeat Song by Kelly Clarkson 3:18 – 80 rpm
 Sorry by Justin Bieber 3:20 – 100 rpm
 **Short recovery (2 minutes: choose any 2 minute song)

Round 2:

I Lived by One Republic 3:54 – 65 rpm
 Renegades by X Ambassadors 3:15 – 80 rpm
 Get Ugly by Jason Derulo 3:20 – 100 rpm
 **Recovery 2:30, Son of a Preacher Man by Dusty Springfield

Round 3:

I Don't Like It, I Love It by Flo Rida 3:44 – 60 rpm
 Back in Black by ACDC 4:16 – 80 rpm
 Stand By You by Rachel Platten 3:39 – 100 rpm
 **Short Recovery (2 minutes: choose any 2 minute song)

Round 4:

Wild Ones by Flo Rida & Sia 3:52 – 65 rpm
 Be Your Love by Bishop Briggs 3:14 – 80 rpm
 Cheap Thrills by Sia 3:31 – 100 rpm

7. "The Dreadful Dozen" - Max Speed Multiple Repeats

GOALS:

1. Can you complete 5 x 30 sec meeting or beating AVG watts for each?
 2. Having enjoyed a bit of recovery and low intensity work, can you once again pull out your best effort for the remaining 7 x 20 – 30 sec sprints? Say WATT????
- Warm Up
 - Pick Ups
 - 5 x 25 - 30 sec sprints
 - Active Recovery
 - Increasing Resistance Challenge
 - Endurance
 - 7 x 20 - 30 sec sprints

Songs:

- Active Recovery
 - Alive – Sia 4:23
- 5 x 25 - 30 sec sprints
 - Symphony (Bear Grillz remix) – Zeds Dead & Charlotte OC 3:27
 - 1:14 – 1:39 (25 sec); 2:53 – 3:18 (25 sec)
 - Bird Flu – Tom Staar & Corey James 3:53
 - 0:02 – 0:33; 1:41 – 2:12; 2:57 – 3:28
- 7 x 20 - 30 sec sprints
 - Savior – Rise Against 4:02
 - 0:22 – 0:40; 1:05 – 1:22; 1:56 – 2:13; 3:21 – 3:55
 - Black Betty – Spiderbait 3:29
 - 0:29 – 1:01; 1:48 – 2:19; 2:58 – 3:29