



Strength 3 - Tour de France 2007 - Stage 15 - Foix to Loudenvielle Le Louren 165 KM

Ride Type:	Streth Energy Zone (Aerobic up to 85% MHR)
Ride Length:	52 Minutes
Goal:	Builds muscular strength and endurance (power & climbing ability), plus aerobic conditioning
Description:	This ride mimics the 15th Stage of the 2007 TDF which takes us the through the Haute Garonne and back in to the Pyrennees and through five mountain passes that will challenge riders, but they will have a chance to recover (slightly) on the short downhill.
Author:	Original Ride by Patrick Schutte. Modified by groupfitpower.











Elapsed Time	Duration	Movement	MHR	Cadence	Technique	Song Name / Cues	BPM
0:08:03 - 0:00:00	0:08:03	Setup				Walk on the Wild Side	0
Setup	8:00		65%	80	Check all bikes, height, fore/aft, handlebar height < Check for tight bolts	Introduce, know names, evaluate fitness levels, check for towels, water, setup	
0:00:00 - 0:06:19	0:06:19	Warm Up				Break On Through	110
Seated Flat	6:19		65%	80	The road opens up before you.	Welcome to the work! Breath in the energy and determination you'll need to go all the way.	
0:06:19 - 0:09:34	0:03:15	1 - Start - Short Flat to 1st Hill 12 KM				Crash	90
Seated Flat	3:15		75%	80-110	Increase cadence to a mini-surge every chorus and sustain for :30.	Liven up the legs and get the heart revved up.	
0:09:34 - 0:13:36	0:04:02	2 - 1st Hill - 2 Rollers up to Col de Port 28 KM				Fever	124
Repeat 2X	:30		75%	80	It's only a short breather between rollers.	Unload, but don't retreat.	
	:30		75% - 85%	70	Increase resistance high enough to stand up. Cadence drops.	Feels good to get up. Put the legs to work.	
	1:00		75% - 85%	60-70	Maintain your resistance and cadence as you transition to the saddle.	Get your head in the game and focus on your ride.	

Fold each page in half and flip over and collate for easy reading while riding...

RIDE WITH PURPOSE AND CLARITY







THIS IS YOUR RIDE...CHALLENGE YOURSELF

0:13:36 - 0:17:31	0:03:55	3 - Steep Downhill to St Girons 68 KM				Bring Me To Life	95
Downhill	1:00		70%-75%	80	Decrease resistance. Recover at 80 RPM	Recover for one minute	
Downhill	3:00		75% - 85%	90 - 110	Surges on choruses or at appropriate intervals	We're flying down the hill, but we are in control.	
0:17:31 - 0:20:46	0:03:15	4 - Climb up to Feed Station at Aucasein 86 KM				Every Morning	144
Seated Climb	1:00		75% - 85%	70	Increase resistance > . Lower cadence to 70	Add resistance until you can feel the hill.	
Standing Climb	1:00		75% - 85%	70	Add a little resistance. > 3rd Maintain cadence.	The hill got a little steeper...add a little and stand up	
Seated Climb	1:15		75% - 85%	70	Decrease resistance slightly. Maintain 70	It's still steep, but maintain the effort -- you'll develop more power in the saddle.	
0:20:46 - 0:23:45	0:02:59	5 - Steep Uphill to Col de Portet d'Aspet 99 KM				Fuego	131
Standing Climb	1:00		75% - 85%	60	Increase resistance > into 3rd. Lower cadence to 60	Add resistance until you have to stand...it should feel fairly steep.	
Seated Climb	2:00		75% - 85%	70	Slightly lower resistance. Increase cadence to 70	Don't give up too much of this hill. Just enough to speed up a bit.	

Elapsed Time	Duration	Movement	MHR	Cadence	Technique	Song Name / Cues	BPM
0:23:45 - 0:28:12	0:04:27	6- Short Downhill & Steep Uphill to Col de Mente 114 KM			The The Ayer		129
Recover	0:30		70%	80	Decrease resistance. Recover at 80 RPM	Catch your breath and rejuvenate for what's to come.	
Repeat 2X	:30		75% - 85%	80	Add resistance. Cadence at 80.	It's flat, but not easy!	
	:30		80% - 85%	70	Increase resistance > 3rd.	Add a little more...cadence slows a bit	
	1:00		75% - 85%	70	Seated Climb. Maintain resistance cadence	You are strong! Recruit the full leg to turn over the pedals	
0:28:12 - 0:31:07	0:02:55	7 - Steep Downhill to Marignac 127 KM			Hush		118
Downhill	1:30		70%-75%	80	Decrease resistance. Recover at 80 RPM	Recover for one minute	
Downhill	1:30		75% - 85%	100	Increase cadence 100	Challenge yourself with a fast cadence and enough resistance	
0:31:07 - 0:39:08	0:08:01	8 - Long and Very Steep Climb to Port de Bales 160 KM			Dilruba		124
Seated Climb	2:00		75% - 85%	60	Add resistance for 60 RPM	Incredibly steep and slow!	
Standing Climb	2:00		75% - 85%	70	Load up. 3rd, Increase cadence to 70	Steeper and faster? What is this? A race uphill? Oh yeah.	
Seated Climb	2:00		75% - 85%	70	Slightly lower resistance. Maintain cadence at 70	Release only enough to speed up. This is very difficult.	
Standing Climb	2:00		75% - 85%	80	Load up. 3rd, Increase cadence to 80	Standing up propels you. Faster. Heavier. Harder. Better.	

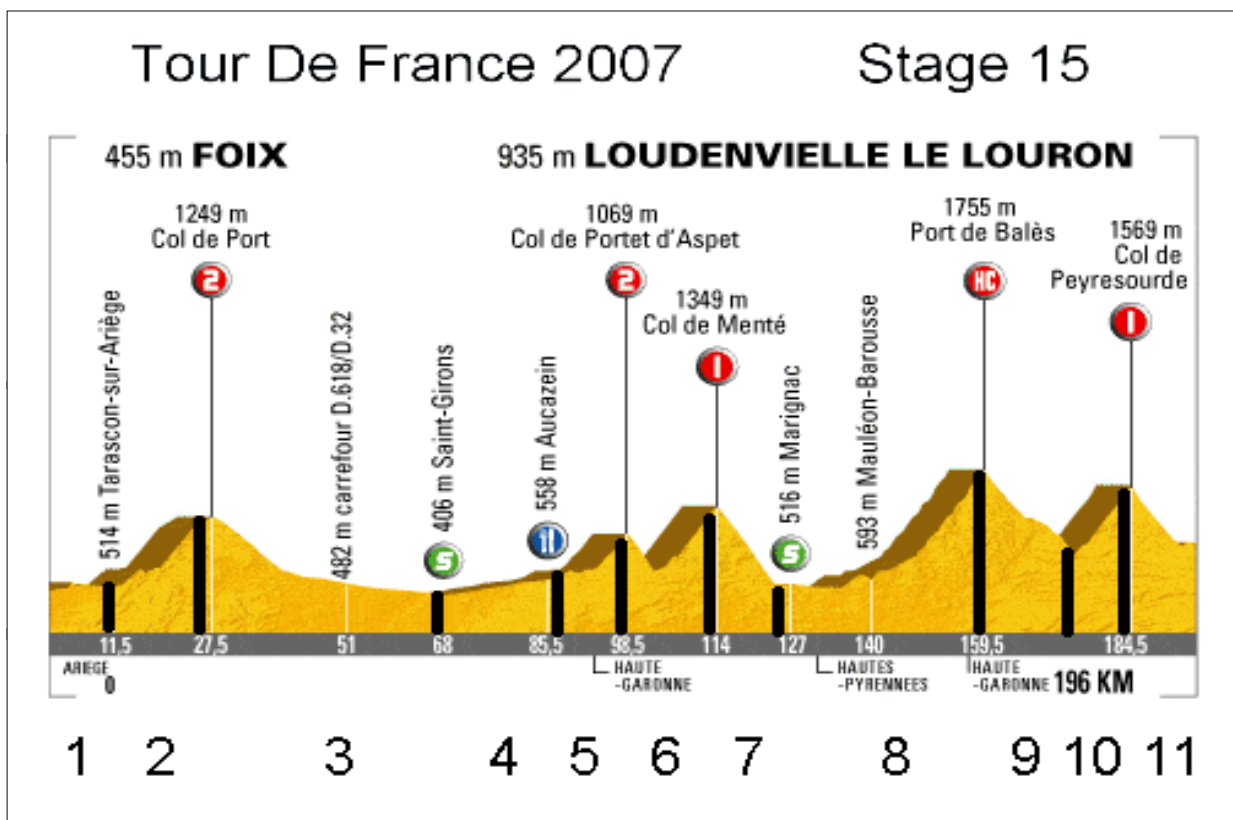
TODAY IS WHAT YOU MAKE IT

YOUR BODY IS CHANGING WITH EVERY STROKE

0:39:08 - 0:41:38	0:02:30	9 - Quick Downhill to Final Climb 175 KM			Ever Think About Me?		111
Downhill	1:00		70%-75%	80	Decrease resistance. Recover	One more to go. PREPARE!	
Seated Flat	1:00		75%	100	Add a little res. Cadence 100	Ride like you're in a hurry to get somewhere.	
0:41:38 - 0:45:37	0:03:59	10 - Final Steep Climb to Col de Peyresourde 185 KM			Born to Be Wild		145
Standing Climb	1:30		75% - 85%	60-70	Add resistance Decrease cadence to around 60.	Hardest hill yet! Dig deep so that you can attack and go hard.	
Seated Climb	1:30		75% - 85%	60-70	Maintain resistance and maintain cadence...	This is the most uncomfortable you've been so far! Stay strong!	
Standing Climb	1:00		75% - 85%	60 - 70	Add resistance, back to 3	Push yourself up to the very top!	
0:45:37 - 0:45:37	0:00:00	Cool Down			Ain't Got Love		0
Cool Down	5:00		50% - 65%	80	Gracefully release the work and settle back down.	Find your breath and reclaim those heart beats.	
Clean Up Area						Texas Flood	0

Elapsed Time	Duration	Movement	MHR	Cadence	Technique	Song Name / Cues	BPM
--------------	----------	----------	-----	---------	-----------	------------------	-----

	Name	Artist	BPM	Time in Seconds	Time Minutes	Dec Min
Setup	1 Walk on the Wild Side	DJ Disse	0	483	0:08:03	8.05
Warmup	2 Break On Through	DJ Disse	110	379	0:06:19	6.32
	3 Crash	Cavo	90	195	0:03:15	3.25
	4 Fever	Black Lagoon	124	242	0:04:02	4.03
	5 Bring Me To Life	Evanescence	95	235	0:03:55	3.92
	6 Every Morning	Basshunter	144	195	0:03:15	3.25
	7 Fuego	Bond	131	179	0:02:59	2.98
	8 The The Ayer	Flo Rida	129	267	0:04:27	4.45
	9 Hush	Kula Shaker	118	175	0:02:55	2.92
	10 Dilruba	Niyaz	124	481	0:08:01	8.02
	11 Ever Think About Me?	Josh Harris	111	150	0:02:30	2.50
	12 Born to Be Wild	Hinder	145	239	0:03:59	3.98
				0	0:00:00	0.00
Cool Down	14 Ain't Got Love	Todd Carey	100	200	0:03:20	3.33
Cleanup	15 Texas Flood	Stevie Ray Vaughn		202	0:03:22	3.37
	16 Just Like Heaven					
					Total Work Out	0:48:57
					Total Set Up Time	0:08:03
					Total Music Time	1:00:22



Foix > Loudenvielle - Le Louron		
Monday 23 July 2007 - stage 15 - Distance 196 km		
Km 27	Col de Port	Ascent of 11,4 km at a 5,3% gradient
Km 98	Col de Portet d'Aspet	Ascent of 5,7 km at a 6,9% gradient
Km 114	Col de Menté	Ascent of 7 km at a 8,1% gradient
Km 159	Port de Balès	Ascent of 19,2 km at a 6,2% gradient
Km 184	Col de Peyresourde	Ascent of 9,7 km at a 7,8% gradient

Stage Analyse

Thierry Gouvenou, regulator, 7 Tours de France: "Without a doubt, this will be one of the major stages of the Tour, with no fewer than five referenced mountain passes - including the Port de Balès (19.5 km at 6.2%), a first for the Tour. A tense stage, which will be reserved for the true mountain specialists, with many points to be taken for the polka dot jersey."