

Mandela Tribute Ride

By Jennifer Sage

Indoor Cycling Association



Warm up

Free Nelson Mandela, Special AKA, The Singles Collection, 4:34 127

bpm

Warm-up the legs. Introduce your theme, to celebrate the life of one of the greatest men of our generation.

Cadence work

Souka Nayo (I Will Follow You), Baaba Maal, Nomad Soul, 6:25, 101

bpm

This is a high cadence, try to focus on your form as you spin your legs. Give students option to pedal slower. Mostly seated, with short standing breaks at a slower leg speed.

First climb

Pata Pata, Miriam Makeba, Pata Pata, 3:01, 125 bpm

Kubula Ma, Karunesh, Global Spirit, 5:04, 126 bpm

8 minutes of climbing. First song, stay seated as you add resistance. Second song, add resistance and stand for 30-40 seconds, then sit back down without reducing the resistance. Continue this for the whole song if possible, standing for 30-40, then sit for 40-60 seconds at the same resistance. It becomes a very challenging climb. Of course, allow them to reduce the resistance a little while seated if they really need to.

Recovery

Nkosi Sikel' Africa, Thula Sizwe, Shine Africa, 1:50, 94 bpm

This is the South African National Anthem. 2 minutes of recovery before next climb.

As you approach the second climb, read the following quote by Nelson Mandela: *“After climbing a great hill, one only finds that there are many more hills to climb.”*

Second climb

Umoja, Africa Umoja, Africa Umoja (The Spirit of Togetherness) [feat. Johnny Clegg, 3:55, 128 bpm

Fever, Johnny Clegg & Juluka, The Best of Juluka, 3:44, 138 bpm

On the first song, play with the resistance until they find a moderate climb. This will become their baseline resistance that they will not drop below. As the second song starts, tell them their legs will speed up by 5 rpm, but the baseline resistance will not change. Therefore, the seated climb becomes moderately hard instead of moderate.

Stand twice during the song. They may not need to add resistance when they stand, but if they do, make sure to reduce the resistance no lower than the baseline they had set early in the climb.

“As we let our own light shine, we unconsciously give other people permission to do the same.” ~Mandela

Fast Flat

Biko, Peter Gabriel, Shaking The Tree - 16 Golden Greats (Remastered), 7:01, 89 bpm

Imagine being on a plateau at the top of the climb. It will be a 7 minute flat at about 90 rpm. Make sure to dial in enough resistance so power output is fairly high. Imagine that at this cadence and gear, the bike would be moving pretty quickly (and therefore, intensity is just sub threshold). Most definitely NOT easy. But it's one of those songs you can close your eyes to and focus on the sensations of the legs, and on the breath.

The song is about Stephen Biko, another anti-apartheid activist of the 1970's who died after being captured and tortured by the police.

Third Climb

The Millenium Bell, Mike Oldfield, Millenium Bell, 7:22, 132 bpm

OK, back to high energy fun! The song has a lot of great energy breaks that you can use for standing surges. Listen to the song and decide where you want to stand and sit. They aren't "jumps" but energy surges.

“Lead from the back—and let others believe they are in front.” ~Mandela

Fast flat

Impi, Johnny Clegg & Juluka, The Best of Juluka, 4:48, 89 bpm

Allow the intensity to come down a bit. Recover the first minute, then do a few standing surges of 10-15 seconds every minute. Finish with a moderate effort so you can establish the baseline resistance for the next song.

“One of the things I learned when I was negotiating was that until I changed myself, I could not change others.” ~Mandela

High cadence intervals

Diamonds On The Soles Of Her Shoes, Paul Simon, Graceland, 5:48, 111 bpm

Keep the same resistance you had on the previous song at 90 rpm. Then in 30 seconds intervals, speed the legs up to the beat of the song. Hold for 30 seconds, then recover by slowing the legs, not touching the resistance. 111 rpm is fast, so focus on form.

“It always seems impossible until it’s done.” ~Mandela

Cool-down

Ken Mouka, Wes Madiko, Welenga, 3:43, 135 bpm

Asimbonanga (Mandela), Soweto Gospel Choir, Live At The Nelson Mandela Theatre, 4:45, 160 bpm

While they are cooling down, read the full quote by Mandela:

“I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can only rest for a moment, for with freedom come responsibilities, and I dare not linger, for my long walk is not ended.”