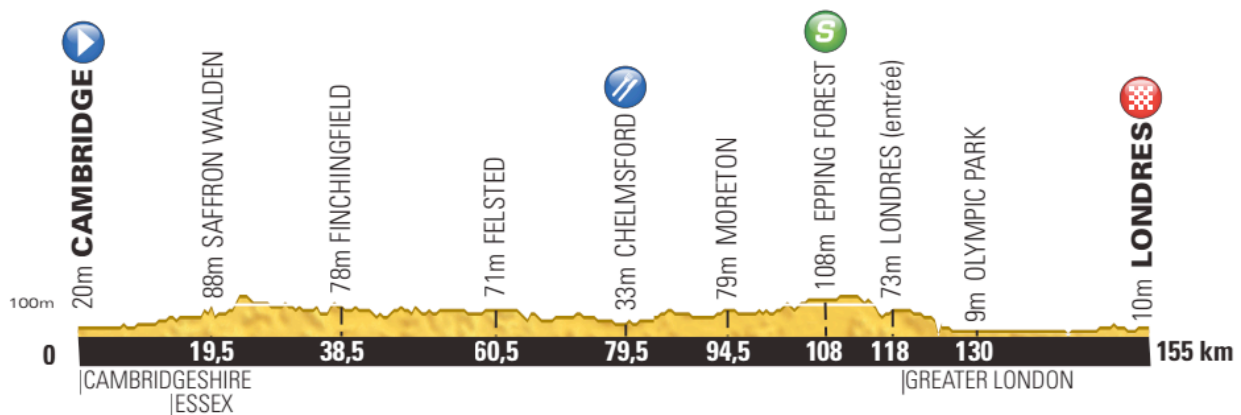


Created by **Robert Baldi**
 Training Type: **Race Simulation, Endurance**
 Working HR Zones: **Zone 2 to Zone 5c**
 Total Class Length: **approx 60 minutes**

Profile Description

At first, this stage seems like one of those “boring” flat roads that ultimately will lead to a bunch sprint. While that may be true—the TDF official website doesn’t even provide a profile for this stage and the highest point is a mere 123 meters—there is still much work to be done before the final run-in to London. Given that this is also a short stage, at 155 km, you can bet it won’t be easy to stay with a peloton focused on delivering their sprinters to the line as quickly as possible. Each team will be trying to weaken the others by keeping the pace high over the short hills and not slowing down to recover afterwards, merely returning to the effort they were doing before the hill.



Objective and Intensity

This profile is presented as a series of aerobic intervals with no recovery for about 45 minutes straight. It’s very much of an endurance ride, but don’t mistake that to mean easy! You can coach a breakaway with attacks if you want, but this is a great opportunity to inspire your riders to stay within their aerobic intensity zones...at least until the optional sprint at the finish in the heart of London.

It’s a very undulating approach to the British capital, so our heart rates will reflect that fluctuation going from Zone 2 to Zone 3 and back again. Then we approach London, when the peloton will step up the pace to Zone 3, reeling in any remaining breakaways, and preparing for the final sprint by gradually increasing the intensity through Zone 4 and up to Zone 5a, with the final (optional) sprint at Zone 5c.

Introduction and Warm-up Spirit Dance, Dead Can Dance, 6:50

Use the first 3 minutes to introduce the stage while riding through the “neutral zone”—this is the first part of the route in which racing cannot commence, usually for the safety of riders due to the narrow roads of the stage start. This is a good time to mention a few highlights of Cambridge:

- Cambridge is famous as a university city. It has the third-oldest university in the world after Bologna and Oxford, but it is not widely known that it was founded by scholars who left Oxford in protest at the execution of two scholars in 1209.
- The rivalry between Oxford and Cambridge is reflected in the annual University Boat Race, which takes place in London on a stretch of the Thames (first held in 1829 but annually since 1856).
- Its students were also responsible for laying down the initial rules of association football (aka in the USA as “soccer”) in 1856.
- One of Cambridge’s alumni, John Harvard, went on to establish the USA’s first university in Cambridge, Massachusetts—Harvard University.
- The city is dominated by cycling, especially by the tens of thousands of students of its 31 University Colleges. For such a relatively small city, it is remarkable that it has 350 km of cycle lanes!



When the drums start at around the 3-minute mark, it’s time to start working and building up to the Zone 2 baseline effort that riders will sustain for approximately 45 minutes throughout the ride.

Undulating Approach to London

We have plenty of undulating terrain before entering London and they can simulate this for brief periods by either increasing resistance while maintaining cadence or increasing cadence by approximately 10% while maintaining resistance—either way, raising their HR to Zone 3 before going back to their Zone 2 baseline. It is important to reiterate this: there are no breaks! Each time, after the additional effort of getting over a Zone 3 bump in the road, it back to business as usual at Zone 2—the peloton won’t be doing you any favors!

I give my riders a wide choice of cadence for this section of the ride. If, like me, you digitally mix your music to make it seamless, you could sync all of these tracks to a tempo of 140 bpm and have them ride to the beat at a cadence of 70 rpm, or they can ride it at a faster “flat road” cadence that suits the individual rider. The key point is to get them to establish a baseline effort that they can sustain for the entire ride—that is, the strongest they can maintain, not the easiest!

I like to go with the flow of the music, so I would use the “weighty” sections in each track to simulate the terrain and make the required extra 10% effort for 30 to 90 seconds, bringing it back to their previous effort level each time. I have given the times on my versions of the tracks but you could use any version or any track with the same effect, using the more obvious points in the song to get riders to push that bit harder to get over the undulation so they don’t lose their place in the peloton.

A note about the music I have used: they are all British artists, or groups whose members are primarily British. But, rather than opt for the obvious and most famous examples (The Clash, Rolling Stones, Beatles, The Who, David Bowie, etc.—the list is endless), I have chosen those that indoor cycling instructors may be familiar with, but may not realize are British. There are plenty more, such as Banco De Gaia, but these are the ones that made the cut for my ride:

Flawless (Go to the City) (Shapeshifter’s Remix), George Michael, 7:01

Zone 3 efforts: 2:18–3:04 (45 sec) and 4:21–5:22 (60 sec)

Talk (Jacques Lu Cont Thin White Duke Remix), Coldplay, 6:00

Zone 3 efforts: 1:57–3:25 (90 sec) and 4:10–5:30 (80 sec)

God is a DJ, Faithless, 8:01

Zone 3 efforts: 1:42–2:56 (75 sec), 4:03–4:47 (45 sec), and 6:23–7:07 (45 sec)

Don’t Give Up, Chicane, 8:24

Zone 3 efforts: 3:25–4:09 (45 sec) and 6:35–7:34 (60 sec)

Home (Club Mix), Above & Beyond, 8:24

Zone 3 efforts: 3:45–4:13 (30 sec) and 6:18–7:00 (40 sec)

Fasten Your Seatbelt, Pendulum, 6:40

Zone 3 efforts: 1:02–1:58 (60 sec), 2:41–3:35 (60 sec), and 4:44–5:54 (60 sec)

London Calling

And I Will Kiss, Underworld, 17:16

I only use the first half of this track, commissioned for the opening ceremony of the London 2012 Olympic Games, but it could be used in its extended form should you wish to do so—in which case, neglect the sprint and allow a minute or so of recovery at the 8-minute mark before picking up the pace once again from Zone 4.

For the initial minute and 48 seconds, introduce the run-in through London: the prestigious finish to this stage will take us along the site of the London 2012 Olympics (hence my choice of this track), Tower Bridge and Westminster, before finishing opposite Buckingham Palace. Then, these are suitable times at which the race tempo/intensity can be increased:

- 1:48 Start the 6-minute flat Zone 3 effort
- 2:43 Pick up intensity further
- 3:38 Pick up to Zone 4
- 4:33 Pick up intensity further
- 5:46 Pick up to Zone 5a
- 6:41 Pick up intensity yet further
- 7:18 Pick up to Zone 5b
- 7:37 Optional sprint (max effort)
- 7:55 Finish line
- 8:03 Cut or fade music to cool-down

The sprint is optional, as it depends on how you want your story to run: are you one of the GC contenders who just wants to stay out of trouble? In which case, you'll still have to work very hard to stay at the front of the pack. Are you a lead-out rider for your team's sprinter? In which case, they will shoot past you while you remain at Zone 5b. Are you the sprinter? In which case, you want this prestigious stage win at all costs!

Cool-down and Stretch

Show Me, Seal, 6:00

London is quickly becoming a firm Tour de France favorite, following the success of 2007 and the commitment by the organizers to return soon, and you have (or your team has) just won the stage in front of Buckingham Palace! This is a real feather in your cap, maybe not as big as a win on the Champs-Élysées but close to it. Also, unlike Paris, the opportunity to win here doesn't come along every year. Now time for recovery and some fish and chips!

Playlist

Song Title	Time	Artist	Album	Source
Spirit Dance (Yulunga)	6:57	Dead Can Dance	Wake	iTunes
Flawless (Shapeshifter's Remix)	7:01	George Michael	Flawless – The Mixes	Amazon.com
Talk (Jacques Lu Cont Thin White Duke Remix)	6:00	Coldplay	Talk EP	iTunes (they have the full-length 9:00 version)
God is a DJ	8:01	Faithless	Sunday 8pm	iTunes
Don't Give Up (Original Mix)	8:37	Chicane	Behind the Sun	iTunes
Home (Club Mix)	8:24	Above & Beyond	Godskitchen Trance Anthems – Classic & Future Trance	iTunes
Fasten Your Seatbelt	6:40	Pendulum	Hold Your Colour	iTunes
And I Will Kiss	17:16	Underworld	Isles of Wonder – Music for the Opening Ceremony of the London 2012 Olympic Games	Amazon.com
Show Me	6:00	Seal	Seal	iTunes

Addendum

Someone has posted on YouTube a video that highlights the sites along the route of Stage 3 into London. To view it, enter Tour de France 2014 Stage Three Route into YouTube. There’s not fanfare or music, just the beautiful scenery along the way! They have also posted videos for Stages 1 and 2.

If you’ve got a projector, perhaps you can show this short video just before your class starts.

Tour de France 2014 Stage Three Route



valthorens7373 · 85 videos



41

56 views



About

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Published on Jun 9, 2014

Tour de France 2014 Stage Three route. The video shows the route of Stage 3 of the 2014 Tour de France, from Cambridge to London. You can see the landmarks, tourist attractions, and cyclists on the roads of the Tour route. After Cambridge, it goes into the Cambridgeshire countryside, past Great Shelford and Sawston, then into Essex, through Great Chesterford, Saffron Walden, Sewards End, Radwinter, Great Sampford, Finchingfield, Wethersfield, Shalford, Rayne, Felsted, Great Waltham, Chelmsford, Roxwell, Fyfield, Moreton, North Weald Bassett, and Epping. It then goes through Epping Forest, and into London via Walthamstow, Leyton, the Olympic Park, West Ham, the Royal Albert Dock, the Royal Victoria Dock, Canary Wharf, the Tower of London, Victoria Embankment, Parliament Square, Birdcage Walk, and Buckingham Palace. The finish is on The Mall.

Category Sports

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