

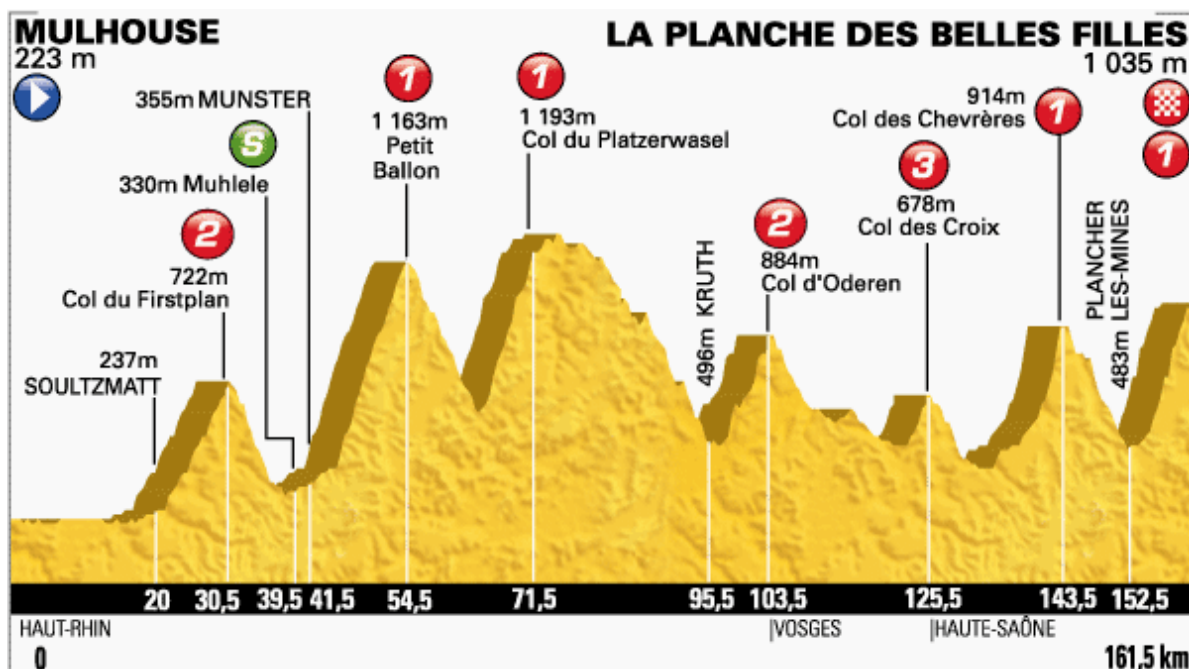
Created by Jennifer Sage
 Training Type: Race Simulation
 Working HR Zones: Zone 3 to 5b
 Total Class Length: 60 minutes

Profile Overview

You might notice that less attention is placed on the Alps in this year's Tour de France. Why? Because of the hilly playground they call the Vosges Mountains! The Tour de France route is heavy on mountaintop finishes, and this stage is no exception. The final climb, La Planche des Belles Filles, was first used only two years ago in 2012, when two Team Sky riders saw victory: Chris Froome got his first stage win and Bradley Wiggins took the yellow jersey.

Stage 10 takes place on Bastille Day, July 14, and it is bound to cause fireworks. Some of these climbs are steep, steep, steep—more so than you would find in the Alps.

The 2014 Tour spends three days in the Alsace region on the German border in the northeast part of France. Stages 8–10 explore the Vosges Mountains and dip into the vineyard-covered plains near the Rhine. This area of France has changed hands between the Germans and the French numerous times since the Germans annexed it in 1870. The French took it back after WWI, and the Germans briefly laid claim to the region during WWII. Since then it's been peaceful, except for the competition for who makes the best gewurztraminer or riesling on each side of the Rhine river in the area around and north of Mulhouse!



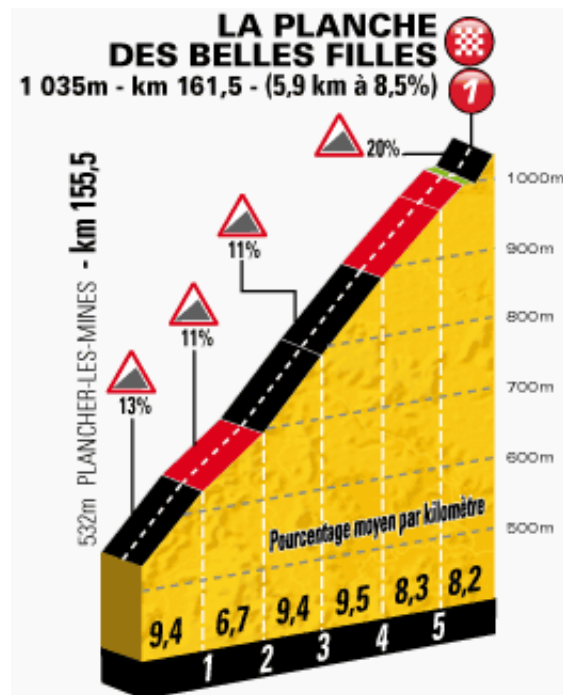
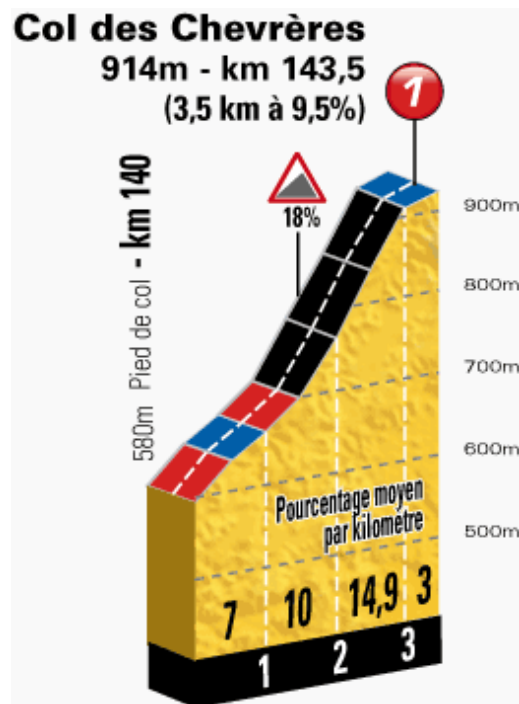
**From the Tour de France website:
"Spectacular Fireworks"**

Another famous stage, this time to La Planche des Belles Filles, where Chris Froome took his maiden stage win at the Tour in 2012. If it ain't broke, don't fix it, so we are going for a short but challenging stage again! Spectacular fireworks await, with a sequence of seven mountains over 130 kilometres, including the Col des Chevrères (with sections hitting up to 15%) and the final climb up La Planche des Belles Filles (with a 20% gradient on the last ramp), which will feature in the Tour for the second time. By the time we cross the finish line, I cannot say whether we will know the name of the winner in Paris, but we should have a list of those who are out of the running for good.

Profile Objective and Intensity

This profile is a series of short, hard climbs, seven in total. The final two climbs may leave the riders in tears, as the grade rises to 18% on one segment of the Col des Chevrères (with an average of 15%) and a final segment of 20% on the Planche des Belles Filles, as you can see by these two mountain profiles below. Simulating this steep of a climb means laying on a lot of resistance, slowing the legs down to 50–55 rpm, and making sure to give precautions for anyone with bad knees or backs to not load on so much. You'll see that you don't endure that for much longer than a few minutes, but it's still not wise if students are not used to it or have any injuries.

The intensity on your climbs should range from mid-Zone 3 to threshold, except the last few climbs when it sneaks into Zones 5a and b (i.e., breathless). You'll need the downhills to recover, although not all of them allow full recovery! For the finish, give it everything you've got.



Pre-Class Music

Since this region of Alsace retains a lot of its German heritage, you hear a lot of polka music in the villages. To set the scene, you may want to have some accordion music playing as your class begins to fill. Here are two examples:

Bicycle (Tour de France Tune), The Featsband, 2:45

Landsberg Polka, Le Trio Bergfriede, Tour de France en Musique, 2:18

Warm-Up

Tour de France – Rout, Waiss, Blo, Käpt’n Ändä feat. Matrous, 95 bpm, 3:50

This fun song is in both German and French, and describes the various aspects of the Tour de France from the *maillot jaune* to the climbs in the Alps.

Bienvenue and willkommen! Today we start in the city of Mulhouse near the German border and end up at a ski area in the Vosges Mountains. It’s a culturally rich region; in fact, this area has changed hands numerous times between the French and the Germans over the past century and a half, including twice in the First and Second World Wars, obviously ending up as a part of France. We begin in the vineyards of Alsace, riding through an area famous for reisling, gewurztraminer, pinot gris, and pinot noir.

If you were to ride your bike through these charming villages along the wine route, or attend one of the many summertime festivals that every town seems to hold, you’d probably hear some polka music. You’d eat a lot of sausages and sauerkraut, and like anywhere else in France, a ton of cheese. I can guarantee you, however, that won’t be on the menu in the riders’ lunch bags today!

The day this stage takes place is the 14th of July, so you can be sure the French will be celebrating, and hoping for a French rider to come in first at the top of that ski area.

The Approach

Double Peine, Zebda, 97 bpm, 3:50

You’ll use this flat approach road to the climbs to get the legs ready at a higher cadence. Have your riders spin their legs at 97 rpm at a fairly low resistance at first, and every now and then add extra resistance for 30 seconds to serve as leg openers. That should flush them out with a little zing!

We are heading into a series of seven tough climbs. They may not be as long as what you find in the Alps, but several of these climbs are steeper than anything in either the Alps or the Pyrenees. We’ll encounter a 15%, an 18%, and even 20% at the top of the final climb. There’s only one word to describe that...OUCH! Or maybe the French might say, “Oh la la!”

This stage is almost the halfway point in this Tour de France. The Heads of State have already began establishing their superiority. Today, you are going to be a domestique, someone who has worked hard for his team leader. You will continue to do so today, but here is a little foreshadowing of events...your team leader is not feeling that well today. He woke up with a stomach bug—something that so many riders run the risk of in long stage races.

You've been tasked to stay close to him to help him and provide motivation. The coaches want to see if he'll get better and be able to attack, so your directive is to keep him close to the front of the peloton, while ignoring any breakaways and attacks.

Climb #1, Easing Into It

Je Veux, Zaz, 160 bpm, 3:39

Add resistance to feel the road rise up underneath you, and climb at a fast pace of 80 rpm. Stand up 2:07 (with the kazoo) for 25 seconds, then again at 3:10 until the end of the song. Intensity will rise during the standing segments, but still aerobic.

Bienvenue to the first climb. This one is only about 5% average grade, not too steep, so you are able to pedal pretty quickly as you ascend. The name of the song is "Je Veux" (pronounced "jhe veuh"), which means "I want." Tell me...do you want this today? Do you want to help your team leader? Do you think he wants to win bad enough? Can he overcome his illness?

Downhill

Burn Out, Helmut Fritz, 107 bpm, 3:18

You roll downhill, this one at a nice fast leg speed. You'll have to watch that your intensity stays at a solid aerobic level. If it gets too high, back off the leg speed. Use the lyrics to remind your riders not to burn out...

There was a breakaway on that last climb, followed by a chase group. Normally you know your team would send you out on the hunt, but you have your task today. Also, you've got to make sure you don't burn out too early, since there are so many steep climbs ahead.

Climb #2, Into the Forest

La Foret, Lescop, 132 bpm, 4:44

Settle into a steady pace of 66 rpm, with moderate resistance. Invite riders to stand for short periods here and there, but you'll finish out of the saddle.

We leave the vineyards down below, and enter the forest in the Vosges Mountains (the name of this song, "La Foret," means forest). It's nice and shaded here, you are able to click out a solid, steady climbing pace without too much difficulty, though it will reach 8%. Your team leader is looking pretty strong, though not with the same energy he's had over the previous ten days. He rocked it on Stage 5 over the cobblestones and finished in the top five. On that stage, you had a crash and are still nursing some road rash on your legs and elbow, still sporting the gauze bandages. But bike racers are a very tough breed; there are so many images and famous stories of riders grimacing through clenched teeth and finishing the race with broken bones or bloody skin peeking out of torn jerseys and shorts, ravaged from untimely contact with the hard pavement.

(At 3:20) The climb is called Le Petit Ballon (the small balloon), but it doesn't seem so small anymore...it is getting steeper here; add more resistance and stand up to the top. You are setting the pace for your team leader, and the two of you are riding near the front of the

peloton. Behind you, the peloton is getting stretched out, as sprinters drop back on these steeper segments.

Downhill

Paint it Black, The Rolling Stones 160 bpm, 3:46

While we are going downhill, it's obvious that the peloton has an intention of picking up the pace. This downhill has some sweeping switchbacks, so you are able to pedal for most of it. Grab that beat and imagine you are driving at the head of a large group of cyclists.

It's time to paint it black!

Climb #3, Getting Pissed Off

Ca M'Enerve, Helmut Fritz 130 bpm, 3:38

Start standing, and then alternate standing with seated every 30–40 seconds.

Immediately the road turns upward again, so turn it up and stand up (5 seconds into the song). But then you look behind you and your team leader has dropped back, so you have to slow down, let him grab your wheel, and try to bring him back up to the front of the peloton.

OK, who is starting to get pissed off?

You? Are you pissed off?

How about you?

I bet you are!...this song is called “Ca M'Enerve” which means “that pisses me off!” (Pronounced “sa men-airv”)

Our rider is getting a little peeved at having to stay back with his ailing team leader. It's getting harder and harder to motivate him.

You are feeling strong, your legs feel fresh. You are impatient and want to grab that bit and run with it. There are two breakaway groups off ahead; the closest one is only a few minutes ahead, and you know you could catch them if you were allowed to. But you also know you have a job to do, and you will faithfully do that job. If only they would release you! There are other guys on your team who can take over! Your team leader is not looking too good...

With 30 seconds left, tell your class...

Hey, guess what? Your wish has been answered—you've just gotten a message from your directeur sportif in the team car. He's called your team leader back. He's assigning another two teammates to accompany him, and will allow him to ride near the back of the peloton with the grupetto. He's only feeling worse, so it's not good to try to keep him at the front of the peloton. And they know you are feeling strong and ready to go!

Woohoo!!

Downhill with Short Uphill Pushes

La Grange, ZZ Top, 161 bpm, 3:52

There will be two short, steep uphill on this descent. First, start off fairly easy at 80 rpm...

Sometimes when the leader of a team cannot do well, either because he's not in form, or gets sick or has an accident, it will open up possibilities for the domestiques to try to do something great.

So now...they are telling you to go for it! Can you do something great for the team?

At :35 into the song (with the guitars), add resistance and make the decision to power down this hill.

You decide you want to try to get an advantage on this downhill. It's not steep so you can pedal in a big gear. The descent is punctuated by a few short, steep uphill, so get ready for them. You'll use your momentum and power out of the saddle briefly.

First one is at 2:22 with the guitars (you'll hold it for 20 seconds hard).

Turn it up, stand up, and power up!

Sit down after 20 seconds and get ready for the next one at 2:59. Hold for 20 seconds at a hard pace, then sit back down, reduce resistance and intensity, and get to the bottom of the hill.

Climb #4, You Can Do It!

Original Prankster, The Offspring, 146 bpm, 3:41

(This song is explicit. Depending on your audience, you may want to search for a clean version, but it's mild compared to many hip-hop songs. If your students don't care, you can actually use the swear words to encourage your riders!)

Whenever the lyrics say "You can do it!" repeat it to your class. Set a strong pace at 73 rpm to a moderately high resistance.

You've passed a fair number of riders on that downhill, and are now looking good at the front of this peloton. That chase group (the second breakaway) is only about a minute in front. Can you do it?

You're going to dish out a handful of short attacks to fatigue the riders around you.

At :12 stand up for 12 seconds, then sit back down.

Stand up again at 1:19 for another 12 seconds (sit down with the lyrics "It smells like s***")

Stand up again 2:36 (with the lyrics "You can do it") for 12 seconds.

Then at 3:03 come out of the saddle again, but this time hold it to the top and tell them:

There is the breakaway, just ahead—can you bridge? You’ll have to lay the smack down to do it! Can you do it?

(Repeat the lyrics)

You never stop now, stop now!

Downhill—Break Through to the Breakaway

Break On Through, The Doors, 89 bpm, 2:27

You are going to use the theme of the song to drive your riders to catch the breakaway, but there’s another reason for this song... The French are enamored with Jim Morrison to this day, and his grave remains a popular tourist destination in Paris!

Your directeur sportif is very impressed! You’ve bridged up to the chase group, along with a few other young, strong riders. The riders in that chase group are looking a little fatigued, since they’ve been working most of the day to catch the break.

Now you get the message...BREAK ON THROUGH! They want you to go for gold this time. Can you bridge to the first breakaway group? Can you break on through to the other side?

Climb #5, Working Together

TGV, Housse de Racket, 136 bpm, 2:27

You and two other riders have managed to break from that chase group, leaving them behind on the descent. That means you’ve now created another chase group, and not much separates you from the lead group now. This is a short climb. You know the two hardest ones are still ahead of you, so the three of you decide to work together. You are all on different teams, but that doesn’t matter; none of you are as strong as all of you. Only if you work together and decide not to attack each other will any of you have any chance to succeed.

You can coach very short uphill paceline if you want, alternating three riders about 10 seconds each. It’s a very short song, though, so you may just want to describe setting the pace for each other, and standing for 10 seconds, then sitting for 20 seconds.

Downhill

Parade Acoustique, Babylon Circus, 155 bpm, 0:53

For this song, ease up and describe descending a steep mountain road. It’s a very short but needed recovery. The two steepest climbs are in front of you.

Climb #6, Trouble Ahead

Trouble, Pink, 134 bpm, 3:13

As the song starts, add resistance, let the legs slow down to 67 rpm. Start off moderate.

At 1:33 it starts to get steeper; add more resistance, trying not to let the legs slow down. It should start to feel very hard.

Uh oh...are you getting into trouble? This is the Col des Chevrères, one of the steepest of the day.

At 1:56, add more until it forces you to stand up. In fact, add enough to slow the legs to slower than the beat of the song, at around 50–55 rpm.

This is 18% here for a few hundred meters, then it eases up to 15%! Ha! Even 15% is hard to walk up...this is the kind of grade that makes cyclists look to the heavens for help. It's a slow slog up this section.

With 45 seconds left, start easing off some of the resistance, gradually allowing the legs to turn faster and faster, until you are pedaling back at the beat of the song (67 rpm). Stay standing until the top.

Phew! The steepness subsided a bit and you managed to avoid trouble on that one. But not a lot of the other riders avoided it...they are still suffering back there while you get to recover on this downhill.

Downhill

Ain't No Rest For the Wicked, Cage the Elephant, 156 bpm, 2:55

Don't get complacent here, but make sure you allow your legs to recover and your heart rate to come back down to a sustainable level. But not too low, there ain't no rest for the wicked! You've heard from your directeur sportif that the peloton has been split asunder into several smaller groups, and the lead group is filled with several Heads of State who have designs on winning this stage or reducing the gaps in the GC. It includes Chris Froome of Team Sky, who could take the yellow jersey if he can finish close to the front. He would also very much like to win this stage, as he won here on its inaugural appearance in the Tour two years ago.

Climb #7, Dancing Up the Final Climb

Alors On Danse, Stromae, 125 bpm, 6:31

This is the longest climb of the day. It comes on hard and strong right from the get-go—13% at the bottom. Turn it up enough to make you need to put yourself “en danseuse” as they say in French, which means “like a ballet dancer,” but also, to stand out of the saddle on your bike. The name of this song means “Well, let's dance!”

At 1:00 sit back down and ease up a bit.

Your dance partners, the other two riders, are not as willing to work together as they were before. Like you, they want to do something big today. They are after a stage win just like you. The motorcycle next to you indicates that the breakaway group is only a minute ahead. But...the skeleton of a peloton is also bearing down from behind; the motorcycle indicates that it's 2 minutes behind and closing fast. That chase group that you left behind has no doubt been swallowed up. Why is the peloton moving so fast? Chris Froome, (or Froomie as he's called) who won the Tour de France last year, is trying to do it again, so Team Sky has

literally lit up the peloton like an explosion and are ticking off the kilometers like they are nothing.

The song builds up, and at 2:02, turn it up and stand...

You decide to attack your dance partners! It's now or never. Can you leave them behind?

At 2:50 sit back down but hold strong.

The riders with you are cracking. You can hear the peloton breathing down your neck, but the carrot of the breakaway group is also visible in front of you. What lies ahead? Who will it be? Chris Froome and Team Sky really, really want this...

But so do you. And so do the remaining two riders in front of you.

Same thing at 4:08, stand up and push. Then at 4:56, sit back down, continue to hold the strong pace. With about 50 seconds left:

Chris Froome plus one of his teammates pull up next to you. You decide to jump on his wheel as they pick up the pace. Then the three of you swallow up the remaining two riders and spit them out behind you. Those two are so exhausted, it's like they are going backwards as you fly past them.

You are going to hold on strong to the end of the song. The final few hundred meters are 20%, so make sure to turn up the resistance for the final 30 seconds and charge out of the saddle.

How does the stage end? That's up to you! One way (the more likely) is to have Chris Froome win the stage, but allow our protagonist to shoot past the other Team Sky rider to come in second. That in and of itself is a great story, since he bridged two breakaway groups and almost won the stage for his team. At least, this is how I personally would end the story...but you can always end it by denying Froome his second win on the top of La Planche des Belles Filles! ;-)

Prost! It's time to celebrate!

Cool-Down, Prost!

Prost Prost Prost, Spitzbua Markus, 2:18

Désenchantée, Generation 90, 125 bpm, 4:25

OK, admittedly, the oompah “Prost” song is a little cheesy, but if you are up for the celebration, it's a fun German drinking song (*Prost* means “cheers” in German). You can toast with your water bottle and say “Prost!” to everyone in the room for giving it their all!

If you don't want the oompah song, use “Désenchantée” for your cool-down and if you still want some French flair, add a classic French song from the list in your bonuses.

One thing for certain is that Chris Froome is back in yellow (even if he didn't win the stage). As for you, your team is so proud of you not only for doing so well at the finish, but for taking

your domestique role very seriously at the beginning and taking care of your team leader. He, by the way, had a stomach bug and just barely finished in the grupetto with a few other of your teammates, but will most likely be much better in the morning.

Stage 10 Playlist

Section	Music	BPM	Time
Pre-Class Music	Bicycle (Tour de France Tune)		2:45
	The Featsband		
	Le Trio Bergfriede Tour de France en Musique		2:18
Warm-Up	Tour de France – Rout, Waiss, Blo Kapt'n Anda feat. Matrous	95	3:50
The Approach	Double Peine Zebda	97	3:50
Climb #1, Easing Into It	Je Veux Zaz	160	3:39
Downhill	Burn Out Helmut Fritz	107	3:18
Climb #2, Into the Forest	La Foret Lescop	132	4:44
Downhill	Paint it Black The Rolling Stones	160	3:46
Climb #3, Getting Pissed Off	Ca M'Enerve Helmut Fritz	130	3:38
Downhill with Short Uphill Pushes	La Grange ZZ Top	161	3:52
Climb #4, You Can Do It!	Original Prankster The Offspring	146	3:41
Downhill, Break on Through to the Breakaway	Break On Through The Doors	89	2:27
Climb #5	TGV Housse de Racket	136	2:27
Downhill	Parade Acoustique Babylon Circus	155	0:53
Climb #6, Trouble Ahead	Trouble Pink	134	3:13
Downhill	Ain't No Rest For the Wicked Cage the Elephant	156	2:55
Climb #7, Dancing Up the Final Climb	Alors On Danse Stromae	125	6:31
Celebration: Prost! and Cool-Down / Stretch	Prost Prost Prost		2:18
	Spitzbua Markus		
	Désenchantée Generation 90		4:25

Song Sources for Stage 10 (Title, Artist, Album)

Landsberg Polka, Le Trio Bergfriede, Tour de France en Musique
eMusic

Tour de France – Rout, Waiss, Blo, Käpt’n Ändä feat. Matrous, Dram Vu Lëtzebuerg
eMusic

Double Peine, Zebda, Essence Ordinaire
Amazon, eMusic, iTunes

Je Veux, Zaz, Zaz
Amazon, eMusic, iTunes

Burn Out, Helmut Fritz, En Observation
Amazon, eMusic, iTunes

La Foret, Lescop, La Foret (single)
Amazon, eMusic, iTunes

Paint it Black, The Rolling Stones, Forty Licks
Amazon, eMusic, iTunes

Ca M’Enerve, Helmut Fritz, En Observation
Amazon, eMusic, iTunes

La Grange, ZZ Top, Chrome, Smoke and BBQ
Amazon, eMusic, iTunes

Original Prankster, The Offspring, Conspiracy of One
(Explicit; clean versions available)
Amazon, eMusic, iTunes

TGV, Housse de Racket, Alésia
Amazon, eMusic, iTunes

Break On Through, The Doors, Greatest Hits
Amazon, eMusic, iTunes

Parade Acoustique, Babylon Circus, Dances of Resistance
Amazon, iTunes

Trouble, Pink, Try This
Amazon, eMusic, iTunes

Ain’t No Rest For the Wicked, Cage the Elephant, Cage the Elephant
Amazon, eMusic

Alors On Danse, Stromae, Cheese
Amazon, eMusic, iTunes

Prost Prost Prost, Spitzbua Markus, Party Jodl-Didl-Dei
eMusic

Désenchantée, Generation 90, Generation 90 Vol 1
Amazon, eMusic, iTunes