

## Prince Tribute Ride

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The world lost yet another icon of the music world. First, David Bowie, then Glenn Frey, now Prince. 2016 has not been very kind to the 1980's. Those of us who grew up in that decade have been hit especially hard, as the songs from these musical geniuses are etched into our psyches and are a huge part of our adolescence, teen years and early adulthood.



1 LT intervals - Prince tribute ▶ 🔊 ...

14 songs • 1 hour, 4 minutes Edit Playlist

^	✓	Name	BPM	Time	♥	Artist	Album
1	✓	Kiss	111	3:45		Prince	The Hits/The B-Sides [Explicit]
2	✓	I Wanna Melt With U	102	3:51		Prince	Prince (Symbol)
3	✓	1999 [Edit]	119	3:38		Prince	The Very Best Of Prince
4	✓	Little Red Corvette	123	4:57		Prince	The Very Best Of Prince
5	✓	America ( Grace On Thee WeRk ) [ Peter G...	136	5:03		Prince	
6	✓	Delirious (Edit)	100	2:39		Prince	The Hits/The B-Sides [Explicit]
7	✓	When Doves Cry	127	5:53		Prince	Purple Rain [Explicit]
8	✓	Baby I'm A Star	138	4:24		Prince	Purple Rain [Explicit]
9	✓	Round And Round	107	3:55		Tevin Campbell	Graffiti Bridge
10	✓	Manic Monday	120	3:05		The Bangles	Greatest Hits
11	✓	Purple Rain	114	8:42		Prince	Purple Rain [Explicit]
12	✓	Let's Go Crazy	97	4:40		Prince	The Very Best Of Prince
13	✓	Nothing Compares 2 U	120	5:11		Sinéad O'Connor	I Do Not Want What I Haven't Got
14	✓	Raspberry Beret	120	3:33		Prince	The Hits 1



## **Prince Tribute**

Objective: Threshold climbing intervals

Normally I try to find songs with a bpm that matches the cadence I want my riders to latch on to. But with a tribute ride, it isn't always possible since I wanted to play iconic songs that I loved and I knew my riders would appreciate. That meant that at times they didn't match the terrain I wanted. I did that for recoveries, as it's easier to ask riders to pedal at their own cadence when they are not using the beat to help them push harder.

### **Warm-up**

Kiss, 3:45, 111 bpm

I Wanna Melt With U, 3:51, 102 bpm

Ride between 80 and 90 rpm, gradually increase resistance and intensity to moderate level.

### **First climbing interval**

1999, 3:38, 119 bpm

Little Red Corvette, 4:57, 123 bpm

America (Grace on Thee WeRk), 5:03, 136 bpm

Use 1999 to ease into the climb, resistance loading. Keep intensity moderate, cadence 60 rpm.

On the second song (Little Red Corvette), raise the resistance to bring intensity to just below threshold, cadence on the beat at 62 rpm. For America, if all you do is increase your cadence to 68 rpm against the hill you have on there, your power should rise to right around, or just above FTP. By this song, it should become quite hard. Alternate standing with seated climbs.

### **Recovery**

Delerious, 2:39, 100 bpm

Pedal easy at 90–100 rpm.

### **Second climbing interval**

When Doves Cry, 5:53, 127 bpm

Baby I'm a Star, 4:24, 138 bpm

This time try to target threshold early on in the climb. The second song is faster cadence than the first. Over the 10 minute climb stand as needed.



### **Recovery**

Round and Round, Tevin Campbell, 3:55, 107

Pedal easy 90–95 rpm

### **Third climbing interval**

Manic Monday, The Bangles, 3:05, 120 bpm

Purple Rain, 8:42, 114 bpm

Use the first song to ease into the climb at 60 rpm. For Purple Rain, let them know they are going to be climbing by themselves in silence. Turn it up and let them ride as they wish. The longer live version of this song gradually phases out, so you can ease them off the hill and prepare them for the next song.

### **Recovery to fast flat**

Let's Go Crazy, 4:40, 97 bpm

As he begins with “Dearly Beloved”, don't say anything quite yet. As the beat picks up, have them spin their legs with light resistance and recover for 2 minutes. Then have them add resistance to bring their intensity back up to “hard” for the final push home on this fast flat at a cadence of 97 rpm.

### **Cool Down**

Nothing Compares 2 U, Sinéad O'Connor, 5:11, 120 bpm

Raspberry Beret, 3:33, 120 bpm