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## Rolling Hills

Rolling Hills are a blast to ride on your road bike outside! They can be quick, steep climbs followed by fast downhill, or longer consistent grades followed by extended gradual descents. These rolls can be deceiving in their ease. Often, the uphill portions can cause a cyclist to grimace as she grinds upward...but be careful. You don't want to wear yourself out on this first couple of hills, because there's a lot more to follow!

Choose music that defines your hills. Some songs change tempo from slow to fast, then back to slow. Many *trance* songs, before changing to a faster tempo, will build to a crescendo, seemingly calling you to come out of the saddle and climb to the top. Know your music well, and as the tempo change approaches, cue your class as to what's coming.

*"You're in the saddle, climbing. Now we can see the top, only 50 yards away. It's a motivating sight; so let's get out of the saddle. Here we go, just about to the top, ten more seconds! Remember, what goes up, must come down! The reward is just over this rise."*

On the fast downhill, remember to keep your cadence to a realistic level, no higher than 110 rpms. There is a tendency to want to turn those cranks very fast to simulate "speed". Outdoors, if you pedal too fast, you lose control - the bike needs to be in a high gear. Indoors we don't want a high gear (i.e. high resistance) because we are off the hill, but keep an eye out for those students with too little or no resistance. I remind my class that on the downhill, they want to feel some resistance so they can stay connected with the bike and on top of the pedals.

*"OK, gear up, we're rolling over the top. You don't want those pedals to get away from you as you continue to pedal down the hill. Keep control of your cadence. Heart rates can recover on this section. We've got another climb in about a minute. "*

Your song choice can change your profile considerably. The possibilities are as endless as the music available!

## Switchbacks

Switchbacks are another exciting way to bring the outdoors indoors. On high mountain passes, the road will often snake back and forth up the face of a mountain. As the road doubles back on itself, it gets steeper. On the straightaway, it's a steady uphill. Some climbs are unrelenting; some have sections that level off briefly (for the cyclist, these are a welcome sight!)

Switchbacks are more prevalent on European roads, and often climb high above the tree line, allowing a view of the curving road above you. One of the more famous climbs used in the Tour de France is *Alpe d'Huez*, an unrelenting 16 km climb in the Alps with 21 switchbacks and an average 9% grade. The French call switchbacks "*lacets*" (pronounced lah-say), which means shoelaces. What a great visual of the road winding back and forth! On this cycling mecca of *Alpe d'Huez*, each *lacet* is numbered on a sign posted at each switchback. Also posted is the elevation and distance remaining. It's a great way to motivate the thousands of cyclists who come from around the world to take on this enigmatic climb. Another famous European climb high on the "Must-Do" lists of die-hard cyclists is *Monte Stelvio* in northwest Italy. But you better be prepared - *Stelvio* has 42 switchbacks!

A switchback profile can be used anytime you're climbing hills. They are wonderful in a SEZ because the resistance, although changing, remains challenging throughout and heart rates can easily remain between 75 and 85% MHR. As a Spinning profile, you would simply alternate seated with standing climbs. Usually we get out of the saddle on our road bikes because we need more power, meaning, the road becomes *harder*. Switchbacks are usually steeper, requiring that you get out of the saddle until the curve straightens out. Cue a good resistance increase on each switchback, which could last anywhere from 20 seconds to more than a minute. The straight-aways are usually pretty consistent in grade, and can either be long or short, depending on your music.

Just as in rolling hills, switchbacks are most effective and fun when the music helps dictate the change in terrain. But instead of using fast/slow tempo changes, you can select a song that has a distinctive chorus, a prominent bass/drum section, or just a slightly different tempo change that is repeated throughout the song. It is here that you get out of the saddle on the "switchback". After awhile, your class may know when the next switchback is approaching. How cool is it when everyone rises in unison with no guidance from the coach!

Switchbacks are a good time to coach smooth transitions. They are similar to jumps on a hill, but non-rhythmic, and certainly not as frequent. The goal is to rise out of the saddle in a smooth efficient manner and return to the saddle gently.

# Music List - Rolling Hills and Switchbacks

## Miami WSSC, May 2002

<b>Artist</b>	<b>Song</b>	<b>CD</b>
Bedrock	For What You Dream Of 6:24	Trainspotting
Faithless	Salva Mea (10:40)	Spinning Vol 5
Brainbug	Nightmare (3:40)	Electronica
Karma Kandy	Fast Groove 1 (4:42)	(mixed by a friend)
Leftfield	Inspection (Check One) (6:30)	Leftism
Four Non-Blondes	What's Up (4:55)	Bigger, Better...
AfroCelt SS	Persistence of Memory (4:25)	Vol 3
Afro Celt SS	Onward (5:14)	Vol 3

### Rolling Hills Profile & Breakdown

1. Faithless - Salva Mea

2. Brainbug - Nightmare

### Switchback Profile & Breakdown

1. Leftfield - Inspection (Check One)

2. 4 Non-Blondes - What's Up