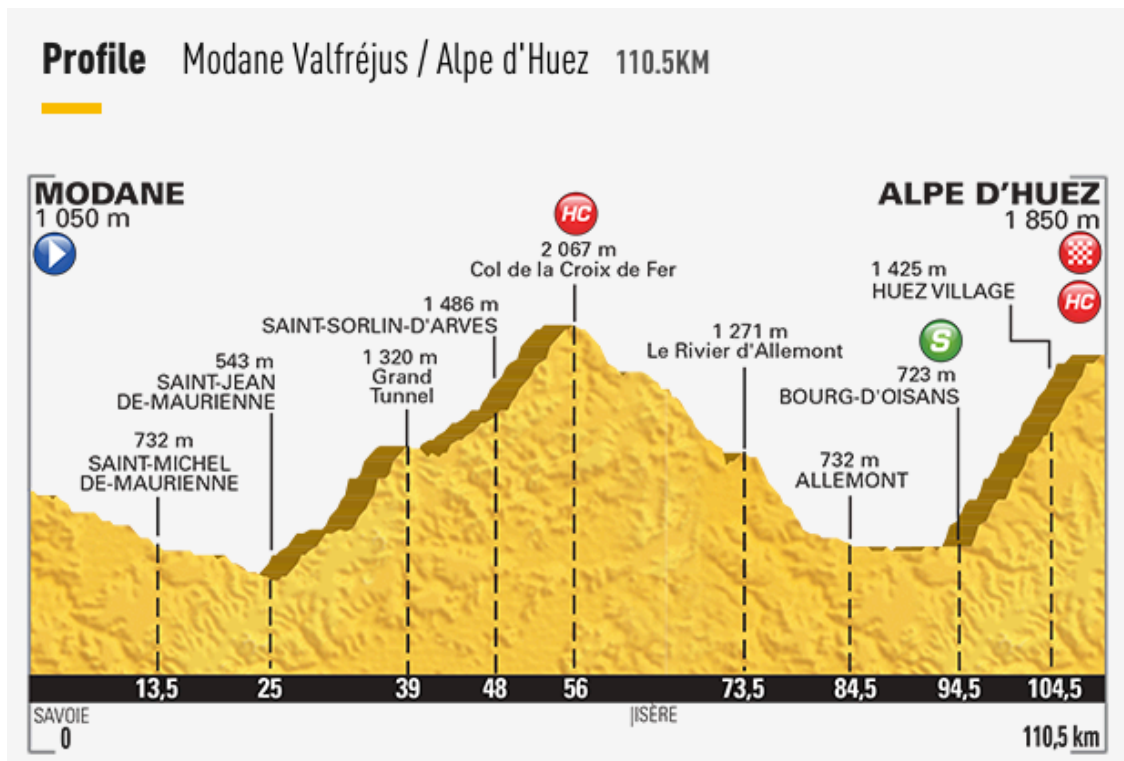


Created by Jennifer Sage
 Training Type: Race Simulation
 Working HR Zones: Zone 3 to 5c
 Total Class Length: 60 minutes

Profile Overview

This profile is a celebration of the *domestiques*. *Domestiques* may occasionally go for a stage win, but they won't win the Tour de France. They are there to support their team leader, whether he is a GC contender (general classification), or a climbing specialist going for the KOM jersey, or a sprinter. Not every team has a GC contender in their ranks, especially newer or younger teams. But every rider understands his role, based on the team strategy.

The title of this profile, *We Are Greater Than I*, comes from a video prepared by Samsung in partnership with Trek Factory Racing. It is a tribute to the *domestiques*. You can see the link to the video on 2015 Tour de France package home page. (Or search Trek Factory Samsung We Are Greater Than I in YouTube.) If you have the ability to project videos, make sure you show this one at the beginning of class.



Usually a rider is hired for a specific role on a team. At times, there can be challenges to those roles, especially if there are too many “chiefs” and not enough Indians. This happened back in 2009 on Team Astana. Lance Armstrong wanted to make a comeback, and came back to ride for his former director, Johan Bruyneel, but that team had already hired Alberto Contador as the team leader. Armstrong and Bruyneel told Contador to work for Lance, but Contador was clearly the stronger rider. He had to disobey orders in order to prove himself. That made for a very awkward three weeks for all riders on that team, and at times, even for the entire peloton. Contador ended up winning the Tour, and Lance was on the third place podium, 5:24 behind Alberto. It was obvious they hated each other.

Ah, but normally there is not that much melodrama. Perhaps because of that incredibly awkward situation in 2009, riders' roles are even more set in stone than ever before. A team will select its roster based on the team goals and the rider's strengths. There may be two strong sprinters on a team, but the stronger one will always be given the opportunity to win. The second one becomes the lead-out rider. Every bit as important, but with a lot less glory.

A GC rider is one who has strengths in almost all the disciplines. They have to be excellent climbers, as the yellow jersey is often won in the mountains. They must have strong time trial skills. And while they would never win a bunch sprint against the sprinting specialists, they also must have enough power to out-sprint a rival for the finish on top of an epic climb.

To succeed in all these tasks, he must have loyal and strong team who is there to serve him. Whether it is for one day or twenty-one days, a *domestique's* role is tireless, selfless, and very often goes unrecognized. They often finish 10, 15, or 20 minutes behind the leaders in the mountains, especially if they were tasked with setting a blistering pace on earlier climbs.

Often, two or three *domestiques* are tasked with staying with their team leader through the final climb. They deliver him close enough so he can either win the stage, or maintain his spot in the GC. Team strategy may be fluid throughout the stage, and may change depending on what their opponents are doing and how the last 20–40 kilometers are playing out.

If a GC rider finds himself without teammates on the final climb, which happens more often than one might imagine, then he is at a disadvantage. This may happen due to an accident, a mechanical, or simply because his teammates do not have the strength, endurance, or skill to stay near the front. Or, it can mean that they have turned themselves inside out for their team leader one too many times and are completely drained.

Probably the best description of the role of a *domestique* that I've read is the following. It's written by Meredith Miller, female pro cyclist. If you have time, this might be a great introduction you can read to your class during the warm-up of this ride:

For eight years, I played the role of domestique. While my resume isn't full of personal victories, it is chock-full of team victories, or victories in which a teammate won and I played a major role. Stage races or one-day races, you name it, I have been the rider going back for bottles so my team leader doesn't have to contend with the

slim chance of not being able to rejoin the pack. I have been the rider on the front chasing back a break so my team leader doesn't have to worry about losing time. I have been the rider pedaling into the wind so my teammate can sit on my wheel and conserve as much energy as possible. I have been the rider selected as first in the lead-out train for my sprinter, assigned the task of going as hard as I can to deliver my sprinter to the line first. I have been the rider, because of this, that often crosses the finish line last or doesn't even finish at all. I have been the rider to usher my teammate into the hills and bare the heaviest workload so that my teammate can pedal away when the time is right, leaving me to pedal squares to the finish hoping that I make the time cut.

That is, by definition, a domestique—gives 100% for a teammate and repeatedly sacrifices personal glory to achieve a win for the team.

The Uniqueness and Importance of this Penultimate Stage

Stage 20 this year presents a particular challenge, one that has never been experienced in the Tour de France before. The Alpe d'Huez stage is the day before the final in Paris. Usually there is either a time trial or a rolling hills stage as the penultimate stage. Alpe d'Huez has never been this close to the end. To have such an important and hard stage the day before the finish in Paris means that the battle is going to be epic on this final day, and we may not know the winner of the Tour until the finish line at the top of the Alpe.

It will likely be one of the most hotly contested stages of the entire Tour. The GC contenders won't be letting teammates take the stage win; they won't be playing nice. Their strategy will be very specifically drawn out the night before, and you can bet they will want to win this stage more than any other in this Tour. And I can guarantee you that the teams with riders in the top ten will make sure they have teammates who can stay with them until the final slopes of Alpe d'Huez.

As you likely know, the final day into Paris, no one will attack the yellow jersey. And that means whoever is in first place in the GC at the top of Alpe d'Huez is the winner of the Tour.

A Little about Alpe d'Huez

Alpe d'Huez sends shivers down the spine of many a cyclist. But in the scheme of things, it is not nearly as hard a climb as many others in the surrounding area. It's "only" 13 km (8 miles) at 7.9% average grade, maxing out at 11%. Many other HC climbs in the Alps and Pyrenees are almost twice as long, with higher average grades and steeper sections up to 15%. Still, it is one of the most revered climbs in the world.

Why? Because it is always contested after a long, hard day of climbing, and usually after several days of massive climbs. The twenty-one famous switchbacks, which are numbered with signs on every hairpin, can serve to depress you, reminding you exactly how much more suffering lies ahead. Or, if you are a glass-is-half-full kind of person, they can also remind you how far you've come.

Profile Objective and Intensity

Today's profile is a celebration of the *domestiques*. We pick up the stage in Allemont, at the base of the Croix de Fer. Over the flat segment on the way to the base of Alpe d'Huez, you will describe the work that has taken place on the monster climb that you have just descended, as well as on the previous two days, which consisted of huge climb after huge climb. Riders are exhausted; it is one day before the finish in Paris.

But, the team strategy has so far worked out as planned. Tell your class that they are a *domestique*, their team leader is wearing the *maillot jaune*, and he is counting on them to take him as far as possible to the top. But he's not secure with his yellow jersey; second place is only 10 seconds back. If his teammates are unable to protect him and he has to work too hard on this final climb of the Tour, he may lose the jersey.

Talk about pressure!

There are two teammates left after the rest of the team set a blistering pace up the Croix de Fer. Some of his chief opponents have one or two teammates (they all had the same strategy); a couple have none and are therefore very disadvantaged and may try to jump on the wheels of their opposing teams.

At the start of class, divide the class into teams of two. They represent the remaining two *domestiques*, who will take turns pulling their leader to the top. (No one is designated as the team leader, but we imagine him there with us.)

If there is an odd number of riders in your class, you, the instructor, can take the role as the teammate of the odd rider out. Even if you get off the bike to motivate your class toward the end, your teammate doesn't need you on the bike; you tell him or her to imagine their teammate is pulling while they take a rest.

We Need More Cowbell!

For maximum excitement at the finish of this climb, you are going to need a small cowbell. Any kind will work. To the right are the small cowbells they gave out at the USA Pro Cycling Challenge here in Vail, Colorado, where I live. Put it near your bike, but hide it from your class and don't pull it out until the very end. It is one of those tricks that works extremely well if used in small amounts, and as a surprise at the end. You'll motivate them the final 2 minutes of the climb with the cowbell, off your bike, running around the room announcing the push to the finish. My suggestion is to not use it before that (it would get really old!).



If you are teaching this as the Tour is going on, you can describe the standings as they are at the moment if you want. In this profile, I am assuming that the top two of the GC are very close (within 10 seconds) and will be battling it out on this final climb. You can add the names of the winners if you are teaching this after the stage has taken place. And remember, even though you are bringing the excitement of the TDF to your riders, very few will actually know the difference between what is written here and what actually happened!

For much of this climb, you will describe the two teammates pulling their team leader up the Alpe, alternating as they go. The second to last song on the climb is continuous attacks by other riders that lead to counterattacks. Toward the end of that song, the yellow jersey takes off; the work of the *domestiques* is done, and they drop back. The final song is the two of them arriving to the top completely wiped out, but still working hard in order to have a respectable finishing time.

Switchbacks

As you know, Alpe d'Huez has twenty-one switchbacks. I didn't really focus on them in this particular profile, since the emphasis is on the role of the *domestiques* and they will be standing up at the beginning of their turn pulling in their small paceline. You can certainly add some in as you coach; you can turn those standing segments into switchbacks. Just know that in reality, riders don't always stand up coming out of a switchback.

Shortening the Profile

With the two classic French songs at the end, the total is 1:06. Without those two songs there isn't much time for a stretch. If you need to shorten it, then you can take out song #2 or #3 on the flat and/or song #6 on the climb.

Song #1 Warm-Up
Fernweh, Schiller, 4:44, 93 bpm

I chose this song because you have a lot to explain in this introduction, so you don't want to compete with words.

Today we are honoring the unsung heroes of the Tour de France, the domestiques. You've heard me talk about them in the past; they are the members of the team whose purpose is to work as hard as possible for their team leader, even if it means finishing near the end or giving up on all of their own desires. Yes, sometimes they may win a stage, especially a not-so-important one. Today, however, is a very important stage. Perhaps the single most important one of this year's Tour.

This is the first time Alpe d'Huez is featured on the penultimate day, the day before the finish in Paris. Usually, after the Alps or Pyrenees, there is one day in between the big mountains and Paris. It's either a rolling stage or a time trial. When that happens, there is still time for the GC to change after the mountains, especially if it's a time trial and a time trial specialist is not very far down the general classification.

But not today. Not for this stage. Today, they must show their stuff on the slopes of Alpe d'Huez, because this stage is going to decide the winner. Tomorrow, they ride on the Champs-Élysées in Paris, where there is never a change of leaders (well, except for the one year there was a time trial in Paris and Greg Lemond made up 58 seconds to win...but that's one exception).

So, those domestiques I was referring to... YOU are a domestique working for your team leader. In fact, you have another teammate with you, and the two of you will work together to pull your leader to the top. He's wearing the yellow jersey today. He's only had it a few days, and he wants to win! It's up to YOU to defend it.

You've got a lot of pressure on your shoulders today. He only has a 10-second advantage; things could so easily go pear-shaped, as they say in the UK! That means, things can very easily go wrong. Ten seconds is not a lot of time to work with.

If you can't keep him close to the front, if you can't ward off the attacks with counterattacks to fatigue his opponents, he could easily lose it on the slopes of Alpe d'Huez.

The world is looking at you today.

Can you handle the pressure?

Instructors, create teams of two with your riders. Walk around and assign them a number, 1 or 2, and introduce them to their teammate next to them. They will work together so it's important that they know who their teammate is. They may have come together, or they may

or may not know each other...this is a great way to introduce them to other riders in the class and build some community.

So, take a look at your teammate next to you. Shake his or her hand. Say the following out loud to each other: "We have a job to do! We must defend the yellow jersey. Let's DO THIS!"

Seriously...make them do this! They'll smile, and it will establish their commitment to each other and to their (unseen) team leader.

Great! So the two of you will be taking turns pulling your team leader up this mountain. None of you are playing the role of team leader...unless you really want to! We are simply going to imagine him following behind us, in his golden tunic, and then toward the end, if all goes as planned, he will blast past us as we deliver him to the top.

Remember your number, 1 or 2. It will become important later on. You guys ready to do this?

Song #2 Valley Road

Le Grand Cerf-Volant, Arianne Moffatt, 3:08, 94 bpm

OK, now that you know your teammate, let's take a look at where we are in this stage. We are just descending the Col de la Croix de Fer, the "Iron Cross." Our legs are spinning quickly. Enjoy this descent while it lasts.

Start increasing intensity slightly by adding a little more resistance.

The Croix de Fer was a brutal climb and we are almost at the bottom, where we will regroup with whoever is left of our team. There will be 10 km of flat before we hit the infamous slopes of the Alpe d'Huez.

Your team leader is tucked behind you. It's going to be up to you and your partner next to you (look at your partner) to dig into your deepest reserves, so he doesn't have to work quite as hard. If all goes well, you'll run out of gas a kilometer or two before the finish line, and he will fly up the rest of the climb to go for the stage win and wield off his opponents who will be trying to steal the yellow jersey from him.

Song #3 Valley Road

Double Peine, Zebda, 3:50, 97 bpm

At these higher cadences, intensity is rising into Zone 3. Be careful it doesn't go too high.

Settle into your rhythm at this higher cadence. We are on the flat road in the Oisans ("Wah-zahn") Valley, approaching Bourg d'Oisans, the village at the base of Alpe d'Huez. You are riding next to your teammate, and your team leader is tucked in behind you. The two of you are protecting him from the wind.

You are at the front end of the decimated peloton. The one breakaway that happened early on was caught at the top of the Croix de Fer. Your other teammates were given the role of setting a high pace to catch the breakaways—they weren't going to take any chances that the break would make it anywhere close to the bottom of the Alpe.

You and your teammate next to you were told not to attack on the Croix de Fer. Your job is now; you needed to reserve your legs for Alpe d'Huez. Lots of thoughts are going through your head. Can you make it? Will you succeed? Will your legs and lungs and heart endure?

We are going to have to see!

Song #4 Valley Road

Fight Song, Rachel Patten, 3:24, 87 bpm

This song has a message for you! This is your fight song. Your battle lies ahead of you. Possibly the most important moment in your cycling career. If you have a lot of fight left in you, you can help your team leader ride into the history books of the Tour de France. And your name will always be an asterisk next to his name. That's OK with you, because that's why you are here.

Now might be a good time to read the description of the role of a domestique:

The following was written by Melissa Miller, a female pro cyclist, about her role as a domestique. It's probably the best description ever of what a domestique does, and why they do it:

For eight years, I played the role of domestique. While my resume isn't full of personal victories, it is chock-full of team victories, or victories in which a teammate won and I played a major role. Stage races or one-day races, you name it, I have been the rider going back for bottles so my team leader doesn't have to contend with the slim chance of not being able to rejoin the pack. I have been the rider on the front chasing back a break so my team leader doesn't have to worry about losing time. I have been the rider pedaling into the wind so my teammate can sit on my wheel and conserve as much energy as possible. I have been the rider selected as first in the lead-out train for my sprinter, assigned the task of going as hard as I can to deliver my sprinter to the line first. I have been the rider, because of this, that often crosses the finish line last or doesn't even finish at all. I have been the rider to usher my teammate into the hills and bare the heaviest workload so that my teammate can pedal away when the time is right, leaving me to pedal squares to the finish hoping that I make the time cut.

That is, by definition, a domestique—gives 100% for a teammate and repeatedly sacrifices personal glory to achieve a win for the team.

So today...that is you! You are ready to give 100%!

Song #5 Valley Road

Merci, Stromae, 3:49, 102 bpm

To keep the legs loose and ready for the impending climb, just 4 minutes ahead, let the leg speed increase. Lower resistance as legs speed up, if needed. Intensity is solidly aerobic.

The lower slopes of the Alpe lie just ahead. We will be entering the village of Bourg d'Oisans shortly. Then it's two large roundabouts, and BOOM! It will hit you in the face like a hammer. Riders refer to the start of the climb as The Wall. The first 4 kilometers of the Alpe average 11%, with no gradual warm-up. It's going to be do or die.

The Alpe d'Huez is going to be a battle royal for the men who want to wear the yellow jersey of the Tour de France. History will be made today!

Song #6 The Wall! The Climb Begins

Ruins of Nan Madol (Photek Remix), Audiomachine, 4:09, 120 bpm

The first minute is the buildup...you are approaching the base, which is more like a WALL. It doesn't get going until 1:06 into the song; then they'll stand for the remaining 3 minutes at a slow, hard, and heavy slog of 60 rpm. Let them know the song will break after 1 minute, and then BOOM! It's on! In that minute, build up the anticipation.

The Wall starts just around the corner. Imagine you are going around a large roundabout; the butterflies are churning in your stomach. You know the moment of truth is almost upon you, and then it will be about 30 minutes of gut-wrenching, leg-burning hell. It's so close...

1:06 There it is! Slam on that resistance and stand up. It's 11% here...to give you some perspective, if you were driving this in a car, you'd have to shift down into lowest gear. Or if you were walking, your calves would burn as you pitched yourself forward.

Feel it immediately in the legs. Hold this slow 60 rpm cadence up this lower slope of the Alpe. You won't sit down until it subsides in 3 minutes.

Song #7 Settling into the Climb

Free (Monti Remix), Rudimental (feat. Emili Sandé), 5:05, 125 bpm

This is where you will cue a climbing paceline between the two teammates. Intensity is at threshold when they are leading, and just under threshold when they are drafting. It's "hard" but not overwhelming. Explain to your riders that they do still need to conserve a little.

Phew! That was hard! But now, we need to do a little conservation of energy so we don't run out of gas before the top. There won't be as many hard surges for a while; these will be more sustained hard efforts, alternating between the two teammates.

Here you are going to alternate, with 2.5-minute pulls. The song is 5 minutes long, so that means the #1s will start. Go ahead and come out of the saddle for 30–40 seconds, bring your intensity to threshold. Then sit and drive those legs. For the #2s, you settle on your teammate's wheel and hold your intensity just slightly lower. You feel the climb; just don't let it overwhelm you.

Visualize a group around you, all of them with the same intent, the same goal of bringing their team leader to victory. No one seems to be attacking yet, so stay consistent.

After 2.5 minutes, do the same with the other rider. Have them stand for 30–40 seconds at the beginning, then sit and drive from the saddle. Rider #1 eases up just slightly, enough to feel a slight relief, intensity dropping to just below threshold, a manageable level of effort.

Song #8 Onward and Upward

Qula, Etnoscope, 10:11, 140 bpm

This is a long song, perfect for sustained pacesetting. Most of it should be at the same intensity as the last song, maybe a few watts or heartbeats higher toward the end. Keep stressing that this should be hard, but sustainable. They've got an 8-mile mountain to overcome! Alternate your two teammates in 2-minute pulls; if needed you can simply call out #1 and #2. They will stand for 20–30 seconds at the beginning of their pull (a little shorter than last time), then sit back down and dig in from the saddle. You may want to get off your bike for part of this song and check in with every rider to inspire them. Use some of the following coaching to help them stay committed to the effort:

Look at your focus. Remember, this is all for the glory of your team leader. When he does well, you do well. Your team does well.

Remember this: WE are stronger than I. Today it's not about YOU, it's about US. The TEAM! You are shepherding your leader to glory.

Look at the faces of these riders! You are all gritting your teeth, doing whatever needs to be done. No giving up, no backing off!

Legs to mission control, we need more power! Repeat, need more power!

It is here in the mountains where the most pain is delivered.

Alpe d'Huez is the cathedral of climbs. It's a sacred place. But you don't feel very sacred right now, do you?

Toward the end, with 3 minutes left, raise intensity a handful of watts and/or heartbeats:

You have set a blistering pace up the hairpin turns of Alpe d'Huez. You have splintered what remains of the peloton, and now there are just the top contenders left. If they are lucky, they have a teammate or two with them.

They are licking their chops for what you are fighting for—that yellow jersey.

Song #9 Climb Continues

Glory – Charging Fort Wagner, James Horner, City of Prague Philharmonic

Orchestra, 3:02, 128 bpm

Continue with 1.5-minute pulls.

There is a slight lull in the frantic action, but that's OK since there's lots more ahead of you.

The peloton has fragmented into many pieces, but there are still the hungry wolves, the Heads of State and their loyal servants, grouped at the front. That's how bad they all want it today! After today, it's all over; only Paris lies ahead of them. If it didn't happen yet in the past three weeks, it's going to happen today, on the hairpin turns of the infamous Alpe d'Huez!

Song #10 Climb Continues

Guardians at the Gate (Bruno Cariou Remix), Audiomachine, 2:28, 138 bpm

Continue with pulls lasting 1:15 each. There are a few quieter segments of this song. Keep encouraging your riders to work. Tell them the slight lull is the calm before the storm. The song is like a harbinger of things to come...because after this slight lull, there is going to be some very intense action...

Look out at the faces of the fans as you climb this epic mountain. They are all cheering you on; they are rooting for you. It almost seems as if they are moving in slow motion!

You've got to stay at the sharp end of this race for as long as you can. You know it won't last, but hold on just a little longer.

The combination of the two HC ("hors category") climbs today is enough to crack aching legs, especially since this is the fourth day in the Alps!

Song #11 Attacks!

No Guts No Glory (Defqon. 1 Anthem 2015), Ran-D, Skits Vicious, 8:04, 150 bpm

This hard driving song sets the theme for the rest of this climb—reminding you that you have the opportunity to become legends—and these lyrics will do much of the speaking for you. It's 8 minutes of hard effort, with attacks all the way through the song as it picks up energy. You may have to listen to the song and decide where you want to stand and attack; I've laid out how I interpret the song below. When the singer speaks the lyrics, ease up slightly and stay seated. Then right after he says, "This is Defqon 1." yell out, "Attack!" and surge out of the saddle for about 15–30 seconds each time. This happens numerous times in the song, so you'll have plenty of attacks.

No more alternating here—they will all come out of the saddle to attack at the same time.

The following are the lyrics to this song. They speak for themselves; repeat the bolded parts to your riders:

The voyage to immortality is about to begin
No matter the challenges ahead
Stay focused and fearlessly surrender
To the fated chance to become legends
Nothing will hold us back
One aim, one goal, one destiny

This goes out to daredevils and groundbreakers
Stand your ground, thrill seekin' and get wasted
Leaps of faith, gotta take it to the extreme
This is no holds barred, **we are born to be supreme**

We will not stop
We will not kneel
We will not break
We will not fail
No guts, no glory
No gut, you're done
This is Defqon.1

0:00 Start seated, grab the beat (75 rpm).

You have a chance to become legends today! This song has a message for you.

0:25 Get ready, listen to the lyrics speaking to you.

1:12 Surge, staying seated (switchback).

*Your team leader is a heavily marked man, that's why there are so many attacks.
You've got to protect him by counterattacking.*

1:48 Someone has ATTACKED! You need to grab his wheel with a counterattack!

2:15 Sit and ease up, listen to the lyrics.

Stay focused and fearlessly surrender.

3:17 ATTACK!

3:46 Sit back down, ease up.

*Everyone is looking at each other, waiting for the next attack. You know it's coming,
there's too much at stake. Get ready to go full throttle again...*

4:09 ATTACK!

*This one hurts; he doesn't ease up when the two of you launch a counterattack, so
you have to hold it a little longer...*

4:55 Ease up as he talks.

Phew! You finally pulled him back. The yellow jersey is hanging on behind the two of you. What a team you are! What heart you are showing! This is wearing you out, but it's also wearing out your opponent.

5:39 ATTACK!

This is turning into the clash of the Titans on these last few switchbacks!

6:15 Sit and ease up.

Can you catch your breath?

6:40 And it's another ATTACK!

The hornet's nest has been kicked. There are some angry riders here, all pushing for the same glory. But only one can have it!

6:53 Sit back down. Your teammate is about to pull away from you

That was the last effort either of you had left. There are no more attacks left in you.

They have given everything they have and can no longer protect their team leader. They are 2 kilometers from the top with only one more big switchback left. Both teammates drop back as their team leader grabs the wheel of his chief opponent and pulls away.

Oh my, look what you've done! You have turned yourself inside out for your leader, both of you. There is nothing left in your legs to be able to continue at that pace. One of the Heads of State, the rider in second place, attacks, and the yellow jersey jumps on his wheel, leaving you both in the dust.

So you ease up slightly, but that doesn't mean you're defeated. No, your work is done; you did exactly what you came here for. And you did it better than anyone could have hoped for.

Now the only thing left is to make it to the finish line, by cutting your losses, trying not to get passed by too many other riders who may not have worked as hard as you have. You have 5 minutes before you get to the top.

The world has imploded on the slopes of Alpe d'Huez! Riders are strewn from top to bottom in various states of dismay and suffering. That is thanks to you and your work.

Song #12 Summitting!

Tikal, E.S. Posthumus, 3:47, 130 bpm

This is going to be the last drive to the top for the protagonists of this story. Use your most inspirational coaching. And get ready to bring out the cowbell toward the end.

Don't be sad that you saw the yellow jersey pull away. He's probably going to finish several minutes ahead of you. But I can guarantee he will grab both of you and give you a bear hug when you cross the finish line.

For now, your goal is to connect yourself to this rhythm so it can help pull you to the top. Don't give up. Intensity is a little lower than when you were attacking; just don't give up whatever you do.

2:08 Take out your cowbell, get off your bike, and urge them on to the top.

This is your moment! Stand out of that saddle and go for it. There are a few other riders lapping at your heels. You don't want to fall back any more in the standings; it doesn't mean anything in the scheme of things, except that it's your pride yelling at you.

2:57 The song hesitates; sit back down briefly.

3:27 Final 20 seconds to the finish line.

Burst out of the saddle and go for it! You've got this.

Song #13 Celebrate!

Take Me To Church, Hozier, 4:02

Remember how I said Alpe d'Huez is the cathedral of climbs? Well, I guess you can say "take me to church!"

You gotta admit...that was pretty epic stuff!

Your team leader managed to preserve his yellow jersey, but he couldn't have done it without you. You know there will be a huge celebration tonight in the team bus. All that is left is the finish in Paris tomorrow, a relatively easy day. A few of your teammates might try for some bragging rights in Paris, but the two of you and the yellow jersey will be able to kick back and hang out in the peloton, nothing too hard. You should be extremely proud of the work you did today.

Song #14, #15 Cool-Down

Romance de Paris, Charles Trenet, 2:52

Sous Les Toits De Paris, Berthe Sylvia, 2:52

It's always fun to play some classic French songs for your cool-down. These are just suggestions. You can play Edith Piaff, Georges Brassens, or any famous French singer of days gone by.

Stage 20 Playlist (1h:03 minutes)**If a shorter class is needed**

Section	Music	BPM	Time
Warm-Up	Fernweh Schiller	93	4:44
Valley Road	Le Grand Cerf-Volant Arianne Moffatt	94	3:08
Valley Road 2	Double Peine Zebda	97	3:50
Valley Road 3	Fight Song Rachel Patten	87	3:24
Valley Road 4	Merci Stromae	102	3:49
The Wall! The Climb Begins	Ruins of Nan Madol (Photek Remix) Audiomachine	120	4:09
Settling into the Climb	Free (Monti Remix) Rudimental (feat. Emili Sandé)	125	5:05
Onward and Upward	Qula Ethnoscope	140	10:11
Climb Continues	Charging Fort Wagner James Horner, City of Prague Philharmonic Orchestra	128	3:02
Climb	Guardians at the Gate (Bruno Cariou Remix) Audiomachine	138	2:28
Attacks!	No Guts No Glory (Defqon. 1 Anthem 2015) Ran-D, Skits	150	8'04
Summitting!	Tikal E.S. Posthumus	130	3:47
Celebrate	Take Me To Church Hozier	130	3:59
Cool-Down	Romance de Paris Charles Trenet		2:52
Cool-Down	Sous Les Toits De Paris Berthe Sylvia		2:52

Song Sources (song, artist, album)

Fernweh, Schiller, Voyage
iTunes, Amazon

Le Grand Cerf-Volant, Arianne Moffatt, Plus Tard Qu'on Pense
iTunes

Double Peine, Zebda, Essence Ordinaire
iTunes

Fight Song, Rachel Patten,
iTunes, Amazon

Merci, Stromae, Racine Carrée
iTunes

Ruins of Nan Madol (Photek Remix), Audiomachine, Chronicles
Amazon

Free (Monti Remix), Rudimental (feat. Emili Sandé), Home
iTunes

Qula, Etnoscope, Drums From the Dawn of Time
www.ektoplazm.com (free)

Charging Fort Wagner (From Glory), James Horner, City of Prague Philharmonic Orchestra,
The Music of James Horner
iTunes

Guardians at the Gate (Bruno Cariou Remix), Audiomachine, Chronicles
Amazon

No Guts No Glory (Defqon. 1 Anthem 2015), Ran-D, Skits Vicious,
Beatport

Tikal, E.S. Posthumus, Unearthed
iTunes, Amazon

Take Me To Church, Hozier, Hozier
iTunes

Romance de Paris, Charles Trenet, Chansons de Paris
Sous Les Toits De Paris, Berthe Sylvia, Chansons de Paris
iTunes