

DEMO FARTLEK 65% - 85% by Christina Gregori

	Title	Artist	Technique	Technique	RPM	HF	Time	Overall	Coaching
1	The Edge	John Stanford	SF	Seated Flat	90	65%	08:48	08:48	Warm up, bring HF to 65%. Explain that in this class you are going to travel the world visiting different countries.
2	Kundu Tribal	James Asher	SF	Seated Flat	90	65%	05:01	13:49	Warm up, we're in Africa! Easily and slowly warming up!
3	Breath Of Time	Klangstrahler Projekt	CH	Combo Hill	60	75%	06:49	20:38	We're on a plane now! Long distance to Down Under, shorten the time with some combos on 8 and 4 rotations.
4	Tangaroa	Uekaha Taane Tinorau	SF	Seated Flat	110	85%	05:08	25:46	New Zealand: we're passing some Maori Warriors
5	Burning	Yomano, Kayoo	SC / StC	Seated Climbing / Standing Climbing	70	85%	07:14	33:00	Australia: Red Rock - let's split into two groups, let them use different technique.
6	Run Boy Run	Woodkid	SC / StC	Seated Climbing / Standing Climbing	67	75%	03:33	36:33	America: Grand Canyon - during refrain stand up in StC!
7	Jailhouse Rock	Elvis Presley	SF / StF	Seated Flat / Standing Flat	83	75%	02:27	39:00	America: Rock and Roll - Men and women alternating in StF!
8	Amazonas	Safri Duo	CH	Combo Hill	66	80%	06:16	45:16	South America: Jungle - Combos on 8 and 4 rotations!
9	Furia	Gipsy Kings	SF	Seated Flat	105	75%	02:35	47:51	Spain: enjoy the rhythm, let it roll!
10	Auf dem Weg	Mark Foster	SF	Seated Flat	85	65%	03:34	51:25	Germany: recreation!
11	Warriors	Ronan Hardiman	StC / SC	Standing Climbing / Seated Climbing	60	85%	03:09	54:34	Ireland: Finales! Start this hill in SC! Attention, it's getting faster and faster! After this go in StC for a while, from 02:25 again a bit more resistance. Maintain the speed until the end (60-75rpm).
12	Streets Of Philadelphia	Bruce Springsteen	SF	Seated Flat	93	65%	03:52	58:26	Cool Down! Bring HF below 65% and let it drop further. Get off your bike and check participant's state of health. Get your feedback!
13	A Way Of Life	The Last Samurai					08:04	1:06:30	Stretching
							1:06:30		SUM