INDOORCYCLINGTIDBITS.COM

MIXED CLIMB
SONG: GIN & JUICE (FREY REMIX,) 5:16
ARTIST: JEROME ROBINS & CHRIS VENCH
ALBUM: GIN & JUICE (REMIXES) - EP

0:00	intro		resistance set to reflect moderate climb, cadence 70-ish
1:04	"bounce to this"		add resistance until legs slow to 65-ish
1:52	"so much drama"		add resistance until legs slow to 60-ish
2:52	"Rollin' down"		keep resistance & cadence as is & go out to standing climb
3:24	"I got me"		add resistance only if cadence doesn't drop below 60
3:52	"Rollin' down"		in saddle, maintain resistance unless cadence drops below 60