



Cadences for Biking & Running

80 rpms/140 bpm - Big chain ring gear grinds for biking.

Womanizer by Britney Spears
Somebody Told Me by The Killers
Beat it by Michael Jackson
Feel Good Inc by The Gorillas
Spiderwebs by No Doubt
Applause by Lady Gaga
Lump by The Presidents of the United States of America

90 rpms/180 bpm - Optimal cadence for endurance athletes. This is also your running playlist.

Turning Japanese by The Vapors
Hey Ya by The Outkast
Gypsies, Tramps and Thieves by Cher
Dancing with Myself by Billy Idol
Livin' La Vida Loca by Ricky Martin
In da Club by 50 Cent
Irreplaceable by Beyonce
The Sign by Ace of Base
Love is a Battlefield by Pat Benatar
Move Bitch by Ludacris
Rock Lobster by The B-52's
If I Could Turn Back Time by Cher
Get Ur Freak On by Missy Elliott
I'm Henry the Eighth by Herman's Hermits

100 rpms/200 bpm - Spin outs to get oxygen back to your legs. Small chain ring. Some of these need doubled to get the right cadence. You'll feel it.

Do Wop (That Thing) by Lauryn Hill
Paradise City by Guns & Roses
I Think I Love You by The Partridge Family (you're welcome)
Bad Day by R.E.M.
Dear Prudence by Souxsie and the Banshees
I Wanna Sex You Up by Color Me Badd

110+ rpms/220+ bpm - Maximum cadence to really get your heart rate up. These need doubled. Except Ruby. She's fine. Except she keeps takin' her love to town.

Ruby by Kenny Rogers
Too Shy by Kajagoogoo
Another One Bites the Dust by Queen
St. Elmo's Fire by John Parr
Eye of the Tiger by Survivor
Hollaback Girl by Gwen Stefani

Wannabe by The Spice Girls
Just a Girl by No Doubt
Whatever, Whenever by Shakira