

# CAROL GIBBS' Cycling Workout

Club Greenwood Cycle Instructor

## HITT CARDIOVASCULAR TRAINING

Learn to Pace. Feel difference between MAX EFFORT and VERY INTENSE EFFORT.

INTERVAL	RPE	STAGE	MYZONE	SONG
Warmup: Walk jog, easy ride or mix	50-60 Easy Endurance can do for a very long time	Blue to Green	Gray to Blue	Nothing Holding Me Back (3:19)
:30 Easy :30 Hard :30 Easy :30 Hard Recover to end of song	Leg Openers	Blue Dark Red	Gray to High Yellow	Do It Like This ( 2:41)
1:00 Pick up 1:00 Unsustainable 1:00 Race 1:00 Recovery	Pick ups 60%-75% Unsustainable 85% Race Pace Recovery	Green to Yellow Red Orange FTP Blue	Blue to Green High Yellow Low Yellow Gray	A Little Party Never Killed No Body
:14 Ramp 3:45 Race Pace (If running set a Strava Pace here to use later)	Race Pace	Orange FTP	High Yellow	Brand New (4:03)
4:14	Easy 60%-80%	Green to Yellow	Blue	Madness (4:41)
:30 Max :30 Rest :30 Very Hard :30 Rest 10X  Note: Heart rate will possibly start yellow and creep to red. HR is lagging indicator. If using STRAVA or Treadmill go by RPE and Pace.  Recovery to end of Fred Astaire	Alternate Max HITTs with Very Hard HITTs	Purple Max Effort Blue Dark Red Blue	Red Max Effort Gray High Yellow Gray	Can't Hold Us (4:18)  Wasted Time (3:53) Fred Astaire
Recover	Recovery	Blue Green	Gray Blue	Walk on Water (2:40)
If using STAVA or Treadmill work to Race Pace Tempo Hold	Tempo to Race 70-80%	Yellow to Orange	Yellow	Sweet Caroline (3:24)
If using STAVA or Treadmill hold Race Pace Tempo	Tempo to Race 80% STRAVA RACE PACE	Orange FTP	Yellow Steady	Handclap (3:13)
Warm Down	Tempo to Warm Down			Here's To Us (3:57)
	Stretch			Bitter Sweet Symphony (5:59)