

# CAROL GIBBS' Cycling Workout

Club Greenwood Cycle Instructor

## ANAEROBIC ENDURANCE

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

INTERVAL	RPE	STAGE	MYZONE	SONG
Warmup: Walk jog, easy ride or mix. Have fun. Feels like working from home! 	50-60 Easy Endurance can do for a very long time	Blue to Green	Gray to Blue	Walking on Sunshine (3:39)
Gradually let effort increase	Easy to tempo pace. Gradually let rate of perceived exertion rise	Green to Yellow	Gray to Blue	Where the Streets Have No Name (5:37)
1:15 easy :30 Pick up - hard (go with music) 1:15 Easy - Pull back with music :30 Pick up—Hard (go with music) Rest	Leg Openers	Green to Yellow Red Orange (FTP) Blue	Blue to Green High Yellow Low Yellow Gray	Goodbye Friend (3:49)
1:00 ramp into 4:00 Race Pace (If running set a Strava Pace here to use later)	Race Pace - challenging but sustainable for 20 minutes-one hour	Orange FTP	High Yellow	Dark Necessities (5:02)
2:47 recovery - Easy	Easy 60%-80%	Green to Yellow	Blue	Cool (2:47)
3:00 Red 1:00 Rest 2:00 Red (Faster Strava Pace) 1:00 Rest	Unstainable. Above the Race pace you sent on Strava during Dark Necessities	Red	High Yellow	Papa Was a Rolling Stone (7:00)
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)