

Pyramid Challenge



Workout from Carol Gibbs, *Cycling Instructor*

Have fun with it. Break it out anyway you want. Option: Split into two 30:00 workouts!

HIIT	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	This is Me, Simple Let's Go
:30 ramp Hard as you can for roughly 5:00 Go all they way to end of song. Track pace with STRAVA.	90% All you can give for roughly 5:00	Red	High Yellow	Kings and Queens
Easy. Prepare for faster pace on STRAVA—Same intense feeling	Easy Endurance	Blue Green	Gray Blue	Can't Fight This Feeling
:18 ramp Hard as you can 4:00 Faster STRAVA pace than 5:00. DON'T FIGHT THE FEELING! 😊	90% effort all you can give for 4:00 faster than the 5:00 STRAVA pace	Red	High Yellow	Can't Hold Us (4:18)
Complete recovery	Easy 60%	Green to Yellow	Gray to Blue	Hooked on a Feeling
1:48 Ramp. Go when music picks up. Roughly 3:00 as hard as you can faster pace than 4:00 STRAVA pace	Ramp 70-80%	Green to Yellow	Blue	Lion Beast Beat
Recover prepare to go again. 2:00	Easy 60%	Blue Green	Gray Blue	Can't Stop This Feeling
30 second ramp. 2:00 hard as you can faster than the STRAVA 3:00 pace	90% effort as hard as you can	Red	High Yellow	Check it Out
Recover, get ready to sprint	Easy 60%			Never Coming Down
Ramp Go when he starts to sing! SPRINT! Give it 100% Change music and warm down when you hit sprint failure.	Finish it like the great closer you are. Sprint as hard as you can for as long as you can up to 1:00 100% effort	Purple—go to fail	Red	Enter Sandman
Warm Down				Stairway to Heaven
Second Challenge. Be someone's flare today. Do something kind for someone!				Flares