

# Cycle at Home



## Workout from Kim Stevens, *Cycling Instructor*

**THEME:** Ride through your favorite decades of music! **MUSIC LINK:** <https://open.spotify.com/playlist/01UC1oJnXCNo9DpyhuwgJU>

**WORKOUT FOCUS:** All terrain ride through hills, fast flats and endurance for a well rounded and sing along ride!

SEGMENT	DESCRIPTION	RPM	SONG BPM	SONG NAME	TIME	NOTES
Warm Up 1	Settle into easy effort; work easy-moderate	90-100	z	Adore You	3:27	Use the beat of the music or ride at a comfortable pace
Warm Up 2	Build intensity; Mix in some standing	65-75	128	Hungry Like the Wolf	3:09	
Ignite	Example: 2 x 30 second intervals or HARD effort	65-75	126	Fire in My Soul	2:55	Can do short intervals or 3 minute power test
Reset	Use part or whole song	85-95	84	Take on Me	3:45	Fast forward when ready to start
<b>Challenge 1</b>	Strength, Endurance, Strength (NOTE: standing on chorus of song for HILLS)					
	Fast Flat	100-110	113	Freaking Me Out	2:45	12 minutes
	Seated hill/climb (Stand on chorus)	60-70	125	We are Family	5:23	
	Fast Flat	100-110	113	All Along the Watchtower	3:59	
Reset	Use part or whole song	70-80	138	Sucker	3:01	Fast forward at 2 minutes
<b>Challenge 2</b>	Strength, Endurance, Strength (NOTE: standing on chorus of song for HILLS)					
	Seated Hill/Climb	65-75	125	Do it Tonight	2:07	11 minutes
	Long steady seated pace	100-110	116	Sympathy Devil	6:18	
	Seated Hill/Climb	65-75	126	Never Change	2:50	
Reset	Use part or whole song	70-80	138	Sucker	3:01	Fast forward at 2 minutes
<b>Challenge 3</b>	Speed and Endurance Climb/Hill					
	Challenge your pace!	100-110	111	The Best	3:43	9:30 minutes
	Gradual Hill	65-75	126	Call on Me	2:51	
	Keep adding more	65-75	126	Baby	2:39	
Reset	Use part or whole song	90-100	94	Flames	3:15	Fast forward at 2 minutes
Unleash	Final chance to go big!	65-75	126	In My Bones	2:39	
Cool Down	Be sure to ride easy!				6-10	Recover then stretch legs and torso