

Cycle at Home #3



Workout from Kim Stevens, *Cycling Instructor*

THEME: Challenging yourself with some of your favorite new and old tunes!

MUSIC LINK: <https://open.spotify.com/playlist/1UhGiWJgapluyZfkZh5Gji>

WORKOUT FOCUS: Challenging yourself with some of your favorite new and old tunes!

SEGMENT	DESCRIPTION	RPM	SONG BPM	SONG NAME	TIME	NOTES
Connect 1	Easy effort, build speed	90-100	98	Dance Monkey	3:29	Myzone Blue and Green; Rating of Perceived Exertion Scale 1-10 = 6-7 (moderate, work)
Connect 2	Build intensity and add some standing	60-70	128	Carry On	3:09	
Ignite	Myzone YELLOW and RED; RPE 8 of 10	65-75	128	The Only Way is up	3:09	Can do short intervals or 3 min power test
Reset		80-90	167	You Make My Dreams	3:11	
Challenge 1	HILLS with a fast break and massive strong finish! MYZONE Green, Yellow and some Red. RPE 7-9					
	Seated Hill with some revving up	60-70	121	Rescue Me	2:39	13 minutes
	Seated/Standing	65-75	127	Trampoline	3:29	
	Speed with control	105	105	Breaking Up Bones	3:05	
	Seated or Standing climb-strong finish!	60-70	124	Rock You Like	4:14	
Reset	Use part or whole song	90-100	102	Obsession	3:07	Fast Fwd when ready to start
Challenge 2	Building up speed and endurance with some short intervals. Myzone Green with some Yellow. RPE 6-8					
	Establish steady pace and stick to it!	75-85	150	Go	2:27	Approx 10 minutes
	3X30 sec fast interval	90-100	184	Burn the House	3:32	
	Maintain higher RPM	95-105	104	Higher Love	3:48	
Reset	Use part or whole song	90-100	92	Graveyard	3:02	Fast Fwd when ready to start
Challenge 3 (optional)	Strength and Speed finishing with higher effort by the end; Myzone Green with some yellows and optional red. RPE 7-9					
	Seated speed	70-80	138	Any way you want	3:22	11 minutes
	Seated hills with standing on chorus	70-80	139	Teeth	3:25	
	Fast and strong effort!	85-95	175	Smokin	4:21	
Reset		80-90	86	Go Easy	3:47	Fade at 1:30
Unleash	Big effort, big finish!	60-70	126	Body	2:46	Your choice of effort. Last short challenge!
Cool Down	Ride Easy and stretch	NA	NA	Honey Bee/Scientist	8:26	