

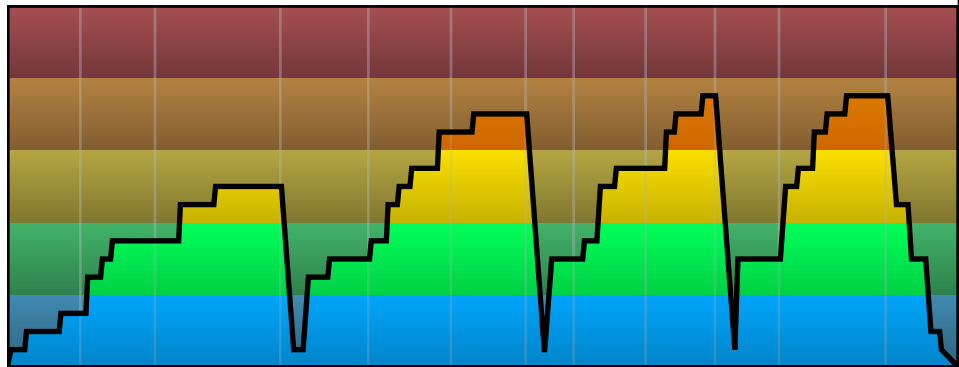
# Ride 31 - Muscle Magic

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**Class Time: 45:20**

**Points: 128**

	<b>Z1</b>	<b>Z2</b>	<b>Z3</b>	<b>Z4</b>	<b>Z5</b>
(points)	7	29	41	51	0
(minutes)	6.7	14.2	13.6	12.6	0.0
(time %)	14%	30%	28%	26%	0%



Conditioning

## 1. (3:29)

Honey - Moby



Warmup

**0:11: Flat road**

Zone: L1 Cadence: 80-110 rpm RPE: 1

**0:50: Up HP2**

Zone: 1 Cadence: 80-110 rpm RPE: 2

**1:10: Down**

Zone: 1 Cadence: 80-110 rpm RPE: 2

**1:42: Up**

Zone: 1 Cadence: 80-110 rpm RPE: 2

**2:05: Down**

Zone: 1 Cadence: 80-110 rpm RPE: 2

**2:29: Up**

Zone: H1 Cadence: 80-110 rpm RPE: 3

**3:00: Down**

Zone: H1 Cadence: 80-110 rpm RPE: 2

**3:09: Up**

Zone: H1 Cadence: 80-110 rpm RPE: 2

## 2. (3:33)

Run Boy Run - Woodkid



Intervals

**0:16: Find comfortable cadence**

Zone: L2 Cadence: 80-110 rpm RPE: 3

**0:58: Up to run HP2**

Zone: 2 Cadence: 80-110 rpm RPE: 5

**1:26: Down and add resistance**

Zone: H2 Cadence: 80-110 rpm RPE: 5

**1:54: Up to HP2**

Zone: H2 Cadence: 80-110 rpm RPE: 5

**2:23: Down and accelerate**

Zone: H2 Cadence: 80-110 rpm RPE: 5

**2:58: Up to HP2**

Zone: H2 Cadence: 80-110 rpm RPE: 5

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**3. (5:58)**

**Bitter Sweet Symphony - The Verve**



Muscular Endurance



Climbing

**0:13: Add moderate resistance**

Zone: H2 Cadence: 60-80 rpm RPE: 5

**1:07: Add 2**

Zone: L3 Cadence: 60-80 rpm RPE: 5

**1:53: Up to HP3**

Zone: L3 Cadence: 60-80 rpm RPE: 5

**2:26: Down**

Zone: L3 Cadence: 60-80 rpm RPE: 5

**2:48: Add**

Zone: 3 Cadence: 60-80 rpm RPE: 6

**3:11: Up to HP3**

Zone: 3 Cadence: 60-80 rpm RPE: 6

**3:42: Down**

Zone: 3 Cadence: 60-80 rpm RPE: 6

**4:29: Up to HP3**

Zone: 3 Cadence: 60-80 rpm RPE: 6

**5:02: Down**

Zone: 3 Cadence: 60-80 rpm RPE: 6

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**4. (4:12)**

**Dog Days Are Over - Florence + The Machine**



Active Recovery

**0:03: Back to flat, recover**

Zone: L1 Cadence: 80-110 rpm RPE: 2

**1:05: Accelerate by 5 RPM**

Zone: L2 Cadence: 80-110 rpm RPE: 4

**2:15: Up to HP2**

Zone: 2 Cadence: 80-110 rpm RPE: 5

**2:41: Down**

Zone: 2 Cadence: 80-110 rpm RPE: 5

**3:06: Up to HP2**

Zone: 2 Cadence: 80-110 rpm RPE: 5

**3:33: Down and +5**

Zone: 2 Cadence: 80-110 rpm RPE: 5

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**5. (3:56)**

**Freedom - Anthony Hamilton & Elayna Boynton**



Muscular Endurance



Climbing

**0:02: Add moderate resistance**

Zone: H2 Cadence: 60-80 rpm RPE: 4

**0:50: Up to attack HP3**

Zone: L3 Cadence: 60-80 rpm RPE: 6

**1:21: Down and add**

Zone: 3 Cadence: 60-80 rpm RPE: 6

**1:57: Up to attack HP3**

Zone: H3 Cadence: 60-80 rpm RPE: 7

**2:28: Down and add**

Zone: H3 Cadence: 60-80 rpm RPE: 7

**3:16: Up to attack HP3**

Zone: L4 Cadence: 60-80 rpm RPE: 7

**6. (3:31)**

**Come With Me Now - KONGOS**



Intervals



Climbing

**0:02: Keep resistance**

Zone: L4 Cadence: 60-80 rpm RPE: 7

**0:18: Up to run**

Zone: L4 Cadence: 60-80 rpm RPE: 7

**0:37: Down**

Zone: L4 Cadence: 60-80 rpm RPE: 7

**0:58: Up to run**

Zone: 4 Cadence: 60-80 rpm RPE: 7

**1:07: Down**

Zone: 4 Cadence: 60-80 rpm RPE: 7

**2:02: Up to run, HP2**

Zone: 4 Cadence: 60-80 rpm RPE: 7

**2:35: Down**

Zone: 4 Cadence: 60-80 rpm RPE: 8

**2:53: Up to run till the end**

Zone: 4 Cadence: 60-80 rpm RPE: 7

**7. (2:16)**

**Tequila - The Champs**



Active Recovery

**0:02: Back to flat, recover**

Zone: L1 Cadence: 80-110 rpm RPE: 2

**0:54: Pick up speed**

Zone: 2 Cadence: 80-110 rpm RPE: 4

**1:27: Faster**

Zone: 2 Cadence: 80-110 rpm RPE: 4

**8. (3:23)**

**Kashmir (feat. Slash) - Escala**



Muscular Endurance



Climbing

**0:26: Add resistance**

Zone: H2 Cadence: 60-80 rpm RPE: 4

**1:07: Up to HP3**

Zone: 3 Cadence: 60-80 rpm RPE: 6

**1:26: Down**

Zone: 3 Cadence: 60-80 rpm RPE: 6

**1:57: Up to attack**

Zone: H3 Cadence: 6 rpm RPE: 6

**2:11: Down**

Zone: H3 Cadence: 60-80 rpm RPE: 7

**2:48: Up to attack, HP3**

Zone: H3 Cadence: 60-80 rpm RPE: 7

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**9. (3:18)**

**Toxic - Britney Spears**



Intervals



Sprinting

**0:02: Keep the resistance**

Zone: H3 Cadence: 60-80 rpm RPE: 6

**0:56: Pick up speed**

Zone: L4 Cadence: 60-80 rpm RPE: 7

**1:24: Off**

Zone: 4 Cadence: 60-80 rpm RPE: 7

**1:54: Faster**

Zone: 4 Cadence: 60-80 rpm RPE: 8

**2:21: Off**

Zone: 4 Cadence: 60-80 rpm RPE: 8

**2:41: Up to run, HP3**

Zone: H4 Cadence: 60-80 rpm RPE: 8

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**10. (3:06)**

**Little White Church - Little Big Town**



Active Recovery

**0:03: Back to flat, recover**

Zone: L1 Cadence: 80-110 rpm RPE: 3

**1:07: Up**

Zone: 2 Cadence: 60-80 rpm RPE: 4

**1:27: Down and faster**

Zone: 2 Cadence: 80-110 rpm RPE: 4

**2:09: Up**

Zone: 2 Cadence: 80-110 rpm RPE: 4

**2:47: Down and faster**

Zone: 2 Cadence: 80-110 rpm RPE: 5

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**11. (5:06)**

**Zombie - The Cranberries**



Muscular Endurance



Climbing

**0:02: Add moderate hill**

Zone: 3 Cadence: 60-80 rpm RPE: 4

**0:49: Add 2**

Zone: H3 Cadence: 60-80 rpm RPE: 5

**1:34: Attack**

Zone: L4 Cadence: 60-80 rpm RPE: 7

**2:11: Down and add**

Zone: 4 Cadence: 60-80 rpm RPE: 7

**3:06: Up to attack, HP3**

Zone: H4 Cadence: 60-70 rpm RPE: 8

**3:53: Down and add**

Zone: H4 Cadence: 60-70 rpm RPE: 8

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**12. (3:26)**

**Dust In the Wind - Kansas**



Cooldown

**0:02: Back to flat, recover**

Zone: L3 Cadence: 80-110 rpm RPE: 4

**1:00: Recovery**

Zone: 2 Cadence: 80-80 rpm RPE: 3

**1:51: Take off all resistance**

Zone: 1 Cadence: 75-75 rpm RPE: 1

**2:31: Get off the bike to stretch**

Zone: L1 RPE: 1

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