

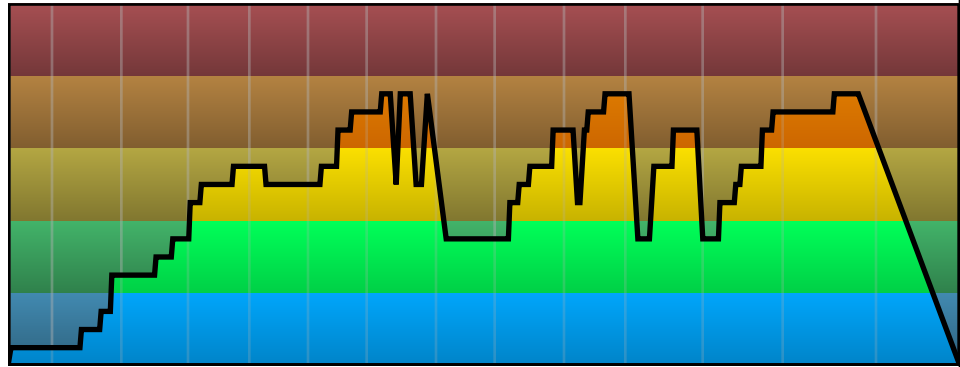
# Ride 32

Original Author: Lean Lena

**Class Time: 53:32**

**Points: 168**

	Z1	Z2	Z3	Z4	Z5
(points)	6	21	49	92	0
(minutes)	5.9	10.2	16.1	22.9	0.0
(time %)	10%	18%	29%	41%	0%



Foundations

## 1. (2:28)

B6 Shuffle - The Deadlies - (88 bpm)

**0:10: Relax and find the beat**

Zone: L1 Cadence: 80-90 rpm RPE: 1



Warmup

## 2. (3:52)

Larger Than Life - Backstreet Boys

**0:45: Up**

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

**1:34: Up**

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

**2:40: Up**

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

**3:16: Down faster**

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



Warmup

## 3. (3:44)

Womanizer - Britney Spears

**0:11: Flat road**

Zone: L2 Cadence: 80-110 rpm RPE: 1

**0:44: Up**

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

**1:12: Down**

Zone: L2 Cadence: 80-110 rpm RPE: 2

**1:53: Up**

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



Warmup

**2:34: Down**

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

**2:49: Up**

Zone: H2 Cadence: 80-110 rpm RPE: 3

**3:15: Down**

Zone: H2 Cadence: 80-110 rpm RPE: 3

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**4. (3:28)**

Paparazzi - Lady Gaga



Intervals



Climbing

**0:03: Add hill**

Zone: L3 Cadence: 60-80 rpm RPE: 4

**0:41: Add and up**

Zone: 3 Cadence: 60-80 rpm RPE: 5

**1:14: Down**

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

**1:56: Add and up**

Zone: 3 Cadence: 60-80 rpm RPE: 7

**2:29: Down**

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

**2:46: Add and up**

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

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**5. (3:22)**

Waka Waka (This Time for Africa) [The Official 2010 FIFA World Cup Song] {feat. Freshlyground} - Shakira

**0:51: +5**

Zone: 3 Cadence: 80-110 rpm RPE: 5

**1:44: +10**

Zone: 3 Cadence: 80-110 rpm RPE: 5

**2:30: +10**

Zone: 3 Cadence: 80-110 rpm RPE: 6

**3:07: +10**

Zone: 3 Cadence: 80-110 rpm RPE: 6

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**6. (3:10)**

When We Stand Together - Nickelback - (94 bpm)



Climbing

**0:35: Add and up**

Zone: H3 Cadence: 60-70 rpm RPE: 5

**1:31: Add 2 and up**

Zone: L4 Cadence: 60-80 rpm RPE: 6

**2:17: Add and up 3**

Zone: 4 Cadence: 60-80 rpm RPE: 6

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**7. (3:56)**

All In - Lifehouse

**0:48: Team 1 sprint**

Zone: H4 Cadence: 80-110 rpm RPE: 6

**1:08: Team 2 sprint**

Zone: H4 Cadence: 80-110 rpm RPE: 6

**1:22: Recover**

Zone: 3 Cadence: 80-110 rpm RPE: 4

**1:56: Team 1**

Zone: H4 Cadence: 80-110 rpm RPE: 6

**2:15: Team 2**

Zone: H4 Cadence: 80-110 rpm

**2:29: Recover**

Zone: 3 Cadence: 80-110 rpm RPE: 5

**3:07: Both teams**

Zone: H4 Cadence: 80-110 rpm RPE: 6

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**8. (3:14)**

Heaven Is a Place on Earth (80's Dance Version) - Ultra Flirt

**0:34: Up**

Zone: H2 Cadence: 80-110 rpm RPE: 4

**1:04: +5**

Zone: H2 Cadence: 80-110 rpm RPE: 4

**1:35: Up**

Zone: H2 Cadence: 80-110 rpm RPE: 4

**2:05: +5**

Zone: H2 Cadence: 80-110 rpm RPE: 4

**2:35: Up**

Zone: H2 Cadence: 80-110 rpm RPE: 4

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**9. (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

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**10. (3:28)**

To Be With You - Mr. Big



Climbing

**0:31: Add and up**

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

**0:54: Add**

Zone: L4 Cadence: 60-80 rpm RPE: 6

**1:17: Up**

Zone: 4 Cadence: 60-75 rpm RPE: 7

**1:41: Add**

Zone: 4 Cadence: 60-70 rpm RPE: 6

**1:53: Up**

Zone: 4 Cadence: 60-70 rpm RPE: 7

**2:14: Add**

Zone: H4 Cadence: 60-70 rpm RPE: 7

**2:28: Up**

Zone: H4 Cadence: 60-65 rpm RPE: 7

**2:50: Add**

Zone: H4 Cadence: 60-65 rpm RPE: 8

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**11. (4:19)**

**Drops of Jupiter - Train**

**0:11: Seated flat**

Zone: H2 Cadence: 80-90 rpm RPE: 2

**1:20: Seated climb**

Zone: H3 Cadence: 60-70 rpm RPE: 4

**2:36: Running with resistance**

Zone: L4 Cadence: 60-80 rpm RPE: 5

**4:00: Back to seated flat**

Zone: H2 Cadence: 80-110 rpm RPE: 3

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**12. (4:33)**

**Send Me an Angel - Scorpions**

**0:04: Add mod. the resistance**

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

**0:53: Add 1**

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

**1:47: Add 2**

Zone: 3 Cadence: 60-80 rpm RPE: 5

**2:06: Add and attack**

Zone: H3 Cadence: 60-70 rpm RPE: 6

**3:17: Add 3**

Zone: L4 Cadence: 60-70 rpm RPE: 6

**3:53: Attack**

Zone: 4 Cadence: 60-70 rpm RPE: 7

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Muscular Endurance



Climbing

**13. (5:10)**

**The Final Countdown - Europe**

**1:57: Sprint**

Zone: 4 Cadence: 90-110 rpm RPE: 6

**2:46: Sprint 2**

Zone: H4 Cadence: 80-110 rpm RPE: 7

**3:17: Sprint 3**

Zone: H4 Cadence: 80-110 rpm RPE: 7

**4:12: Sprint 4**

Zone: H4 Cadence: 80-110 rpm RPE: 8

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**14. (4:45)**

Sweet Home Alabama - Lynyrd Skynyrd - (97 bpm)



Cooldown



Mental Discipline

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