

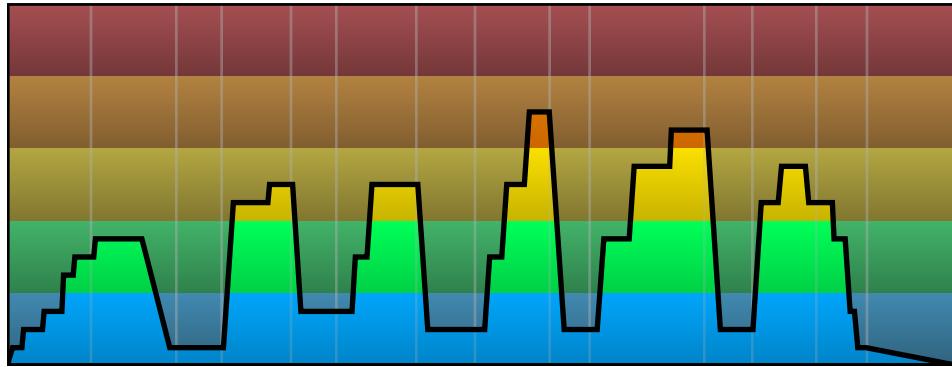
Ride 20 - 45 Min Version

Original Author: Lean Lena

Class Time: 47:47

Points: 100

	Z1	Z2	Z3	Z4	Z5
(points)	22	20	40	18	0
(minutes)	21.7	9.6	13.2	4.3	0.0
(time %)	44%	19%	26%	8%	0%



Conditioning

1. Warmup (4:09)

Save Me, San Francisco - Train



Warmup

0:16: Flat

Zone: L1 Cadence: 80-110 rpm RPE: 4

0:44: +10

Zone: 1 Cadence: 80-110 rpm RPE: 4

1:46: Up

Zone: H1 Cadence: 80-110 rpm RPE: 5

2:45: Up

Zone: L2 Cadence: 80-110 rpm RPE: 5

3:19: Up

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

2. (4:19)

Drops of Jupiter - Train

0:11: Seated flat

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

1:20: Seated climb

Zone: H2 Cadence: 60-70 rpm RPE: 4

2:36: Running with resistance

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

4:00: Back to seated flat

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

3. (2:18)

Help! - The Beatles

0:02: Recover

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

4. (3:29)

Never Gonna Give You Up (7" Mix) - Rick Astley

0:03: Seated flat

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

1:00: Standing climb

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

2:17: Running with resistance

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

5. (2:13)

Bip bip - Joe Dassin

0:02: Recover

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

6. (4:05)

Somebody That I Used to Know (feat. Kimbra) - Gotye

0:48: +5

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

1:19: +5

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

1:33: Standing climb

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

3:02: Running with resistance

Zone: 3 Cadence: 65-80 rpm RPE: 6

7. (2:52)

She's a Lady - Tom Jones

0:01: Recovery

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

8. (3:44)

Everything That Kills Me Makes Me Feel Alive [DJ Mash Up Mix01] (Famous Stars DJ Remix) - DJ Lorde

0:30: +5

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

1:21: Seated climb

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

2:29: Sprints

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

9. (2:00)

Hit the Road Jack - Ray Charles - (87 bpm)

0:00: Recover

Zone: 1 Cadence: 80-110 rpm RPE: 3

10. (5:49)

If Trouble Was Money - Sena Ehrhardt

0:24: Seated climb

Zone: H2 Cadence: 60-80 rpm RPE: 6

2:00: Standing Climb

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

4:02: Sprints

Zone: L4 Cadence: 60-80 rpm RPE: 8

11. (2:21)

Miserlou (Main Title Theme from "Pulp Fiction" - Rock Guitar Version) - Msmd

0:06: Recover

Zone: 1 Cadence: 80-110 rpm RPE: 3

12. (3:16)

Hero - Nickelback - (98 bpm)

0:02: Seated climb

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

1:18: Standing climb

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

2:40: Seated flat

Zone: L3 Cadence: 80-90 rpm RPE: 4

13. Cool Down (2:26)

Ain't No Mountain High Enough - Marvin Gaye & Tammi Terrell

0:04: Keep 80

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

0:44: Down to 75

Zone: H2 Cadence: 75-75 rpm RPE: 5

1:23: Down 70

Zone: H1 Cadence: 70-70 rpm RPE: 4

1:51: Down to 65

Zone: L1 Cadence: 65-65 rpm RPE: 2

14. Stretching Off The Bike (4:40)

All for Love - Bryan Adams

0:00:

Zone: L1 RPE: 1
