

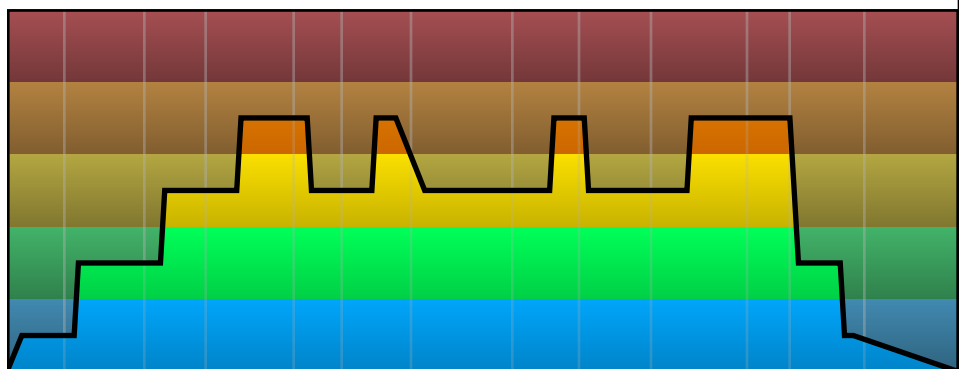
Ride 18 - Around The World

Original Author: Lean Lena

Class Time: 55:35

Points: 158

	Z1	Z2	Z3	Z4	Z5
(points)	11	16	68	63	0
(minutes)	11.0	7.9	22.4	15.6	0.0
(time %)	19%	13%	39%	27%	0%



Conditioning

1. Warmup (3:22)

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



Warmup

0:51: Up

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

1:44: Up 2

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

2:29: Up 3

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

2. Seated/stand. Climb 1 (4:39)

Born In the U.S.A. - Bruce Springsteen



Muscular Endurance



Climbing

0:32: Add 1

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

1:04: Add 2

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

2:22: Add 3 and up

Zone: 2 Cadence: 70-70 rpm RPE: 5

2:38: Add 4

Zone: 2 Cadence: 60-70 rpm RPE: 5

3:30: Add 5 and up

Zone: 2 Cadence: 60-70 rpm RPE: 6

3. Cadence Drills (3:31)

From Paris to Berlin - Infernal - (126 bpm)



Intervals



Sprinting

0:55: +10

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

1:42: +10

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

2:21: +10

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

2:55: +10

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

4. Jumps (5:09)

Moscow Calling - Gorky Park



Skill Specific



Climbing

1:02: Jumps

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

1:50: Jumps

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

2:54: Add

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

3:36: Jumps

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

4:14: Add

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

4:53: Sprint

Zone: 4 Cadence: 80-110 rpm RPE: 7

5. Speed Drills (2:48)

Big In Japan - Guano Apes



Intervals



Sprinting

0:47: +5

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

1:34: +10

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

2:06: +10

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

6. Climb 2 (3:58)

Ещё Люблю - A-Studio



Muscular Endurance



Climbing

0:07: Add base of the hill

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

0:56: Add

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

1:23: Attack

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

1:45: Add

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

2:11: Attack

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

2:45: Add

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

3:09: Attack

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

7. Runs On Flat 1 (5:56)

Ecuador - Sash!

0:51: Find the beat

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

1:00: Run

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

1:43: Steady pace

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

1:57: Run

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

2:19: Down and steady pace

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

3:10: Run

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

3:39: Steady pace

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

4:07: Run

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

4:33: Steady pace

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

5:12: Run

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

8. Climb 3 (3:57)

Le cose che non dici - Tiziano Ferro



Muscular Endurance



Climbing

0:04: Find the hill

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

0:34: Add 1

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

0:50: Add 2

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

1:23: Add 3

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

2:13: Add 4

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

2:29: Attack

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

2:54: Attack

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

3:27: Final add

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

9. Runs On Flat 2 (4:09)

Save Me, San Francisco - Train



Intervals

0:16: Flat

Zone: 3 Cadence: 80-100 rpm RPE: 4

0:44: +10

Zone: 3 Cadence: 90-110 rpm RPE: 4

1:46: Up

Zone: 3 Cadence: 80-100 rpm RPE: 5

2:45: Up 2

Zone: 3 Cadence: 80-100 rpm RPE: 5

3:19: Up 3

Zone: 3 Cadence: 80-100 rpm RPE: 5

10. Rolling Hills (5:38)

Les cloches - Garou/Daniel Lavoie/Bruno Pelletier



Intervals

0:09: Add the hill

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

0:42: Add

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

2:07: Take off resistance and speed up

Zone: 4 Cadence: 80-110 rpm RPE: 7

3:09: Add hill back

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

4:02: Speed on the hill

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

4:17: Take off resistance, downhill

Zone: 4 Cadence: 80-11 rpm RPE: 7

4:50: Add hill back

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

11. Final Push On Hill (2:25)

Le temps des cathédrales (Final) - Bruno Pelletier

0:17: Keep resistance

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

0:35: Attack

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

1:08: Add and attack

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

12. Cool Down (4:26)

Englishman In New York - Sting



Cooldown

0:03: Take off, back to flat

Zone: 2 Cadence: 85-85 rpm RPE: 4

0:56: Down to 80

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

2:02: Down to 75

Zone: 2 Cadence: 75-75 rpm RPE: 3

3:00: Down to 70

Zone: 1 Cadence: 70-70 rpm RPE: 2

3:46: Down to 65

Zone: 1 Cadence: 65-65 rpm RPE: 1

13. Stretching (5:29)

Sailing to Philadelphia - Mark Knopfler - (72 bpm)
