

Ride 52 - Hills and Ladders

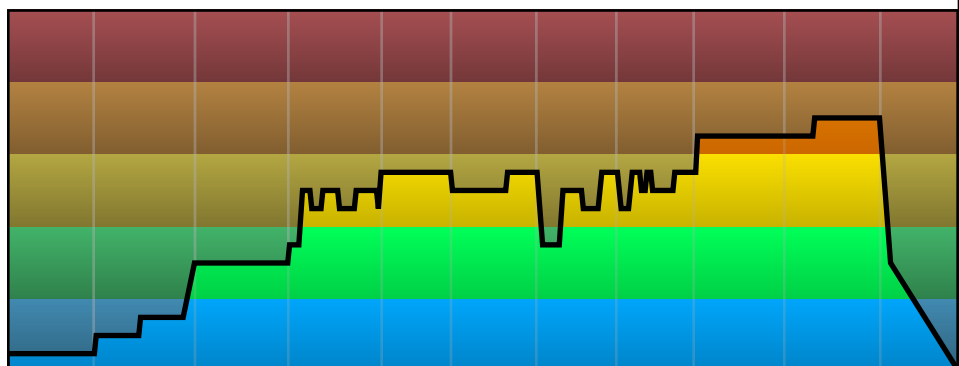


Original Author: Lean Lena

Class Time: 42:52

Points: 118

	Z1	Z2	Z3	Z4	Z5
(points)	9	19	54	36	0
(minutes)	8.6	9.1	17.7	8.9	0.0
(time %)	19%	20%	39%	20%	0%



Conditioning

1. (3:56)

Diverse City - tobyMac



Warmup

0:00: Warm up

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

2. Seated/Standing Flat (4:30)

Uptown Funk (feat. Bruno Mars) - Mark Ronson



Intervals

0:00: Up HP2 for 60

Zone: 1 Cadence: 80-90 rpm RPE: 2

1:00: Down for 60

Zone: 1 Cadence: 90-100 rpm RPE: 2

2:00: Up HP2 for 45

Zone: H1 Cadence: 80-90 rpm RPE: 3

2:45: Seated for 45

Zone: H1 Cadence: 90-100 rpm RPE: 3

3:30: Up HP2 for 30

Zone: H1 Cadence: 80-90 rpm RPE: 3

4:00: Down for 30

Zone: H1 Cadence: 90-100 rpm RPE: 3

3. 30/30 Seated/Stand Climb (4:11)

Hideaway - Kiesza



Muscular Endurance

0:00: Add moderate Resistance

Zone: 2 Cadence: 70-80 rpm RPE: 4

0:03: Seated climb for 30

Zone: 2 Cadence: 70-80 rpm RPE: 4

0:30: Up

Zone: 2 Cadence: 70-80 rpm RPE: 4

1:00: Down

Zone: 2 Cadence: 70-80 rpm RPE: 4

1:30: Up

Zone: 2 Cadence: 70-80 rpm RPE: 4

2:00: Down

Zone: 2 Cadence: 70-80 rpm RPE: 4

2:30: Up

Zone: 2 Cadence: 70-80 rpm RPE: 4

3:00: Down

Zone: 2 Cadence: 70-80 rpm RPE: 4

3:30: Up

Zone: 2 Cadence: 70-80 rpm RPE: 4

4:00: Down

Zone: 2 Cadence: 70-80 rpm RPE: 4

4. Sprints/Speed Pickups (4:12)

Give Me Everything (feat. Ne-Yo, Afrojack & Nayer) - Pitbull



Intervals

0:00: Keep R, sprint on hill

Zone: H2 Cadence: 70-80 rpm RPE: 5

0:15: Take off R, break for 15

Zone: H2 Cadence: 80-90 rpm RPE: 5

0:30: Sprint for 30

Zone: 3 Cadence: 90-110 rpm RPE: 6

1:00: Slow down for 30

Zone: L3 Cadence: 80-90 rpm RPE: 5

1:30: Faster for 45

Zone: 3 Cadence: 90-110 rpm RPE: 6

2:15: Slow down for 45

Zone: L3 Cadence: 80-90 rpm RPE: 5

3:00: Faster for 60

Zone: 3 Cadence: 90-110 rpm RPE: 6

4:00: Off

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

5. Seated/Stand Climb + Jumps (3:06)

My Songs Know What You Did In the Dark (Light Em Up) - Fall C



Muscular Endurance

0:00: Add all resistance

Zone: H3 Cadence: 60-75 rpm RPE: 6

0:03: Seated Climb for 30

Zone: H3 Cadence: 60-75 rpm RPE: 6

0:30: Up for 30

Zone: H3 Cadence: 60-75 rpm RPE: 6

1:00: Jumps on Hill for 30

Zone: H3 Cadence: 60-75 rpm RPE: 7

1:30: Seated Climb for 30

Zone: H3 Cadence: 60-75 rpm RPE: 7

2:00: Up for 30

Zone: H3 Cadence: 60-75 rpm RPE: 6

2:30: Jumps on Hill for 30

Zone: H3 Cadence: 60-75 rpm RPE: 7

6. Gradient Climb (3:54)

Scream - Usher



0:01: Recover

Zone: 3 Cadence: 80-90 rpm RPE: 4

1:00: Add 1

Zone: 3 Cadence: 75-80 rpm RPE: 4

1:02: Up

Zone: 3 Cadence: 75-80 rpm RPE: 4

1:30: Add 2

Zone: 3 Cadence: 75-75 rpm RPE: 5

2:00: Add 3

Zone: 3 Cadence: 70-75 rpm RPE: 5

2:18: Up

Zone: 3 Cadence: 70-75 rpm RPE: 5

2:30: Add 4

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

3:00: Add 5

Zone: H3 Cadence: 65-70 rpm RPE: 6

3:21: Up

Zone: H3 Cadence: 65-70 rpm RPE: 6

3:30: Add 6

Zone: H3 Cadence: 60-65 rpm RPE: 7

7. Jumps - Reverse Ladder (3:37)

Never Again - Kelly Clarkson



0:00: Recover for 60

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

1:00: Jump for 60

Zone: 3 Cadence: 80-90 rpm RPE: 5

2:00: Off for 45

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

2:45: Jump for 45

Zone: H3 Cadence: 80-90 rpm RPE: 6

8. Jumps - Reverse Ladder (3:26)

This Little Light - Rapture Ruckus



0:00: Off for 30

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

0:30: Jumps for 30

Zone: H3 Cadence: 80-90 rpm RPE: 6

1:00: Off for 15

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

1:15: Jumps for 15

Zone: H3 Cadence: 80-90 rpm RPE: 6

1:30: Off for 60

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

2:30: Jump for 60

Zone: H3 Cadence: 80-90 rpm RPE: 7

9. Seated/Standing Climb (4:05)

Titanium (feat. Sia) - David Guetta



Muscular Endurance

0:05: Add resistance to heavy climb

Zone: L4 Cadence: 60-70 rpm RPE: 7

0:46: Up HP3

Zone: L4 Cadence: 60-70 rpm RPE: 7

1:31: Down

Zone: L4 Cadence: 60-70 rpm RPE: 7

2:02: Up HP3

Zone: L4 Cadence: 60-70 rpm RPE: 7

2:48: Down

Zone: L4 Cadence: 60-70 rpm RPE: 7

3:18: Up to HP3

Zone: L4 Cadence: 60-70 rpm RPE: 7

3:49: Down

Zone: L4 Cadence: 60-70 rpm RPE: 7

10. (4:16)

Too Close - Alex Clare



Climbing

0:03: Continue seated climb

Zone: L4 Cadence: 60-70 rpm RPE: 7

1:16: Up and faster

Zone: 4 Cadence: 65-75 rpm RPE: 8

1:46: Down

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

2:32: Up and faster

Zone: 4 Cadence: 65-75 rpm RPE: 8

3:02: Down

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

3:18: Up and faster

Zone: 4 Cadence: 65-75 rpm RPE: 8

11. (3:34)

I Feel So Alive - Capital Kings



Cooldown

0:00: Cool down

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