

Ride 55 - Hills'n'Runs

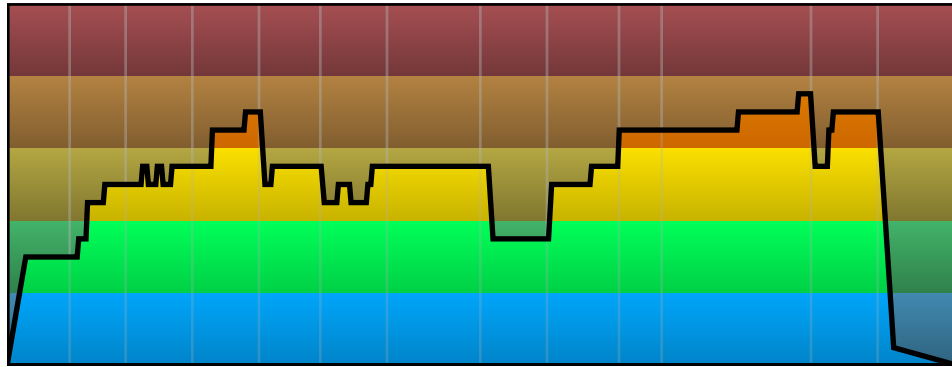


Original Author: Lean Lena

Class Time: 51:16

Points: 162

	Z1	Z2	Z3	Z4	Z5
(points)	5	14	73	70	0
(minutes)	4.3	6.9	24.3	17.3	0.0
(time %)	8%	13%	45%	32%	0%



Conditioning

1. Warmup (3:18)

Uptown Girl - Billy Joel



Warmup



Pedal Technique

1:00: Up

Zone: 2 Cadence: 80-110 rpm RPE: 3

2:08: Up

Zone: 2 Cadence: 80-110 rpm RPE: 3

2:38: Up

Zone: 2 Cadence: 80-110 rpm RPE: 3

2. Climb 1: Radioactive (3:06)

Radioactive - Imagine Dragons

0:28: Add base hill

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

0:56: Add and up

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

1:52: Add and up 2

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

2:34: Down and faster

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

3. Run 1: Fire Under Feet (3:35)

Fire Under My Feet - Leona Lewis



Intervals



Climbing

0:01: Back to flat

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

0:19: Add

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

0:48: Run

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

1:06: Down

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

1:35: Run

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

1:54: Down

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

2:23: Run till the end

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

4. Climb 2: It's Not Over (3:35)

It's Not Over - Daughtry

0:02: Choose seated or stand. Climb

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

0:33: Switch

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

0:58: Add and switch

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

1:42: Switch

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

2:45: Add and switch

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

5. Run 2: Old Time R'n'R (3:15)

Old Time Rock and Roll - Bob Seger & The Silver Bullet Band



Intervals

0:03: Back to flat

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

0:37: Run @81

Zone: H3 Cadence: 81-81 rpm RPE: 5

1:38: Add and run @81

Zone: H3 Cadence: 81-81 rpm RPE: 6

2:09: Add and run @81

Zone: H3 Cadence: 81-81 rpm RPE: 6

2:25: Run @81

Zone: H3 Cadence: 81-81 rpm RPE: 6

6. Climb 3: Jackpot (3:34)

Jackpot - Jocelyn Alice

0:04: Add moderate hill

Zone: L3 Cadence: 70-80 rpm RPE: 4

0:55: Add 2

Zone: 3 Cadence: 70-80 rpm RPE: 5

1:36: Up HP3

Zone: L3 Cadence: 70-80 rpm RPE: 5

2:30: Add 3

Zone: 3 Cadence: 65-75 rpm RPE: 6

2:44: Up HP3

Zone: H3 Cadence: 65-75 rpm RPE: 6

3:25: Down

Zone: H3 Cadence: 65-75 rpm RPE: 6

7. Run 3: Unchain (5:06)

Unchain My Heart - Joe Cocker



Intervals



Climbing

0:17: Keep resistance

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

1:06: Run

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

1:54: Up

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

2:52: Run

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

4:10: Up

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

8. Act. Recovery & Runs (3:36)

Summer Nights - John Travolta & Olivia Newton-John



Intervals

0:23: Recover

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

1:05: Add and Run 1

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

1:44: Run 2

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

2:24: Run 3

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

9. Climb 4: Worth It (3:44)

Worth It (feat. Kid Ink) - Fifth Harmony

0:01: Mod. Hill

Zone: 3 Cadence: 70-80 rpm RPE: 5

0:15: Up for 15

Zone: 3 Cadence: 70-80 rpm RPE: 5

0:30: Down for 45

Zone: 3 Cadence: 70-80 rpm RPE: 5

1:15: Up for 20

Zone: 3 Cadence: 70-80 rpm RPE: 5

1:35: Down for 40

Zone: 3 Cadence: 70-80 rpm RPE: 5

2:15: Up for 30

Zone: H3 Cadence: 70-80 rpm RPE: 5

2:45: Down for 30

Zone: H3 Cadence: 70-80 rpm RPE: 5

3:15: Up for 45

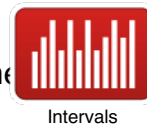
Zone: H3 Cadence: 70-80 rpm RPE: 6

3:30: Down till end

Zone: H3 Cadence: 70-80 rpm RPE: 6

10. Run 4: Juke Box (2:23)

Juke Box Hero / I Love Rock 'n' Roll - Diego Boneta, Alec Baldwin, Russell Brand & Julianne



0:00: Flat road

Zone: L4 Cadence: 85-85 rpm RPE: 6

0:31: Run

Zone: L4 Cadence: 85-85 rpm RPE: 6

0:51: Run

Zone: L4 Cadence: 85-85 rpm RPE: 6

1:30: Run

Zone: L4 Cadence: 85-85 rpm RPE: 6

1:52: Run

Zone: L4 Cadence: 85-85 rpm RPE: 6

11. Final Climb With Jumps (7:58)

Stairway to Heaven (Live At the Kennedy Center Honors) [With Jason Bonham] - Heart

0:04: Add to heavy resistance

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

0:12: Standing Climb

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

2:02: Seated Climb

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

4:01: Jumps for 1:45

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

5:46: Attack

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

7:16: Down stay with it

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

12. Final Runs (3:39)

Run Like the River - Vintage Trouble

0:01: Flat, recover

Zone: H3 Cadence: 80-90 rpm RPE: 4

0:55: Run

Zone: L4 Cadence: 80-90 rpm RPE: 6

1:09: Slower

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

1:31: Run faster

Zone: 4 Cadence: 80-90 rpm RPE: 7

2:08: Slower

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

2:39: Run faster

Zone: 4 Cadence: 80-90 rpm RPE: 7

13. Cool Down (4:21)

Lips of an Angel - Hinder

0:00: Recover and cool down

Zone: L1 RPE: 2



Cooldown