

Ride 61 - 6:4 Intervals

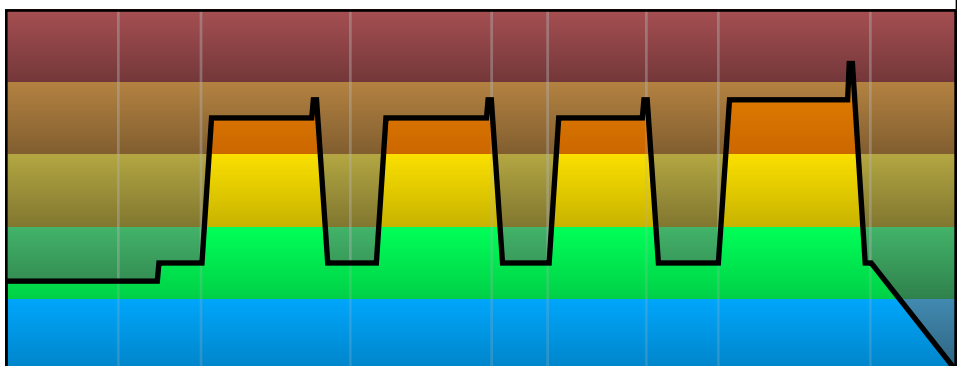


Original Author: Lean Lena

Class Time: 49:42

Points: 154

	Z1	Z2	Z3	Z4	Z5
(points)	1	51	0	96	6
(minutes)	0.4	25.0	0.0	23.9	0.9
(time %)	0%	49%	0%	47%	1%



Conditioning

1. Warm Up - Pedal Drills (5:57)

Emanuel Fontaine 3 - Unstoppable



Warmup

0:00: Warm up

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

0:30: Pedal stroke efficiency drills

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

2. StFlat- SClimb-SFlat (4:18)

Crystallize - Lindsey Stirling



Intervals

0:01: Standing Flat for 2 min

Cadence: 80-110 rpm

2:00: Seated climb

Zone: 2 Cadence: 60-80 rpm RPE: 4

3:00: Back to seated flat, recover

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

3. Interval 1 (7:46)

Seven Seas 6 - Unstoppable

0:01: Standing Climb for 5:45

Zone: 4 Cadence: 75-80 rpm RPE: 7

5:45: Sprint standing for 15 secs

Zone: H4 Cadence: 75-80 rpm RPE: 8

6:00: Recover on flat

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



Intervals

4. Interval 2 (7:21)

Seven Seas-Clocs 9 - Unstoppable

0:00: Cont recovery

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

1:21: Start Seated Climb

Zone: 4 Cadence: 70-75 rpm RPE: 7

3:21: Add and stand

Zone: 4 Cadence: 70-75 rpm RPE: 7

7:06: Seated Sprint on Hill

Zone: H4 Cadence: 70-80 rpm RPE: 8

5. Recover (2:59)

Kinks Shirt - Matt Nathanson

0:00: Recover

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

6. Interval 3 (5:08)

Sweet Soul Sister - The Cult

0:01: Standing Climb

Zone: 4 Cadence: 65-70 rpm RPE: 7

4:53: Standing Sprint on Hill

Zone: H4 Cadence: 65-75 rpm RPE: 8

7. Recover (3:42)

Teahupo'O - The Deadlies

0:00: Recover

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

8. Interval 4 (7:58)

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

0:00: Climb: rider's choice

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

6:45: Sprint

Zone: L5 Cadence: 60-70 rpm RPE: 9

7:00: Recover

Zone: 2 Cadence: 80-100 rpm RPE: 3

9. Cool Down (4:28)

Eveline Green12 - Unstoppable

0:00: Cool down

Zone: 2 Cadence: 80-95 rpm RPE: 3
