

Another challenging workout for PCC

Warm up- 5-7 min

- I love beginning at 70 rpm with light gear and then bringing the rpm in short increments, finishing at 90 rpm

Stage 1-

3-5 mins- Depending on the fitness of your cyclists

- 80 Rpm with the light to moderate gear
- 90 Rpm on chorus of the song of your choice

Stage 2-

4 minutes-

- 30 seconds at 90 Rpm- Heart rate below threshold
- 30 seconds at 80 Rpm- adding a gear- challenging heart rate slowly

Stage 3-

4 mins at 80 Rpm using gear from Stage 2

- if recovery is needed or wanted - take it back to 70 Rpm

Stage 4-

8 mins-

Play with Rpm- using light to moderate gear-

- 30 secs at 80 rpm/30 secs at 90 rpm
- Monitoring heart rate keeping HR slightly under or at aerobic threshold

If recovery needed or wanted

2 mins- Recovery for 2 mins

Stage 5-

4 mins-

- 90 rpm with light gear keeping heart rate below aerobic threshold

Stage 6-

3 min- building a HR and Rpm ladder

- 80 Rpms- 20 secs
- 85 rpms- 20 secs
- 90 rpms- 20 seconds
- Add gear and repeat for a total of 3 mins

Recovery if wanted or needed

Stage 7

- 3 mins at 80 Rpm with light to moderate gear

Stage 8-Attack

80 - 90 rpm with option to 85 if needed

40 at 80 Rpm/20 at 90 Rpm

30 at 80 Rpms/30 at 90 Rpm

20 at 80 Rpms/40 at 90 rpm

10 at 80 rpms/50 at 90 Rpm

Whew!!!!-Cool down