

Rock Star PCC

This is challenging ride but can be utilized for building aerobic base or challenging the base for BIG results!!

5-7 mins

Warm up- 70-80-90- all riding with cues to set foundation on the saddle, deep breathing, reminding riders of the parameters of the ride as far as RPM and aerobic to anaerobic threshold.

Stage 1

Add base gear or gear we can work at without lifting heart rate beyond low end moderate zone-

80/85/90 Rpms- all 20 seconds

80/85/90 Rpms- all 40 seconds

80/85/90 Rpms- all 1 minute- remember power or heart rate at the last minute of this stage

Recovery 1-2 mins

Stage 2

Add gear to reach power of the last minute of Stage 1 and then repeat the ride

80/85/90 Rpms- all 20 seconds

80/85/90 Rpms- all 40 seconds

80/85/90 Rpms- all 1 minute- remember power or heart rate at the last minute of this stage

Recovery 1-2 mins

Stage 3

Add gear to reach power of the last minute of Stage 2 and then repeat the ride

80/85/90 Rpms- all 20 seconds

80/85/90 Rpms- all 40 seconds

80/85/90 Rpms- all 1 minute- remember power or heart rate at the last minute of this stage. Or if you have reached your

anaerobic threshold at the end of the last minute, do not add gear for next Stage. Use the same gear as Stage 3.

Recovery 2 mins

Stage 4-

if you have reached your anaerobic threshold at the end of the last minute, do not add gear for next Stage. Use the same gear as Stage 3.

80/85/90 Rpms- all 20 seconds

80/85/90 Rpms- all 40 seconds

80/85/90 Rpms- all 1 minute-

Recovery 2 mins

Repeat Stage 4 if time is available.

Make sure heart rates are back down into the low end moderate zone or high end easy zone before dismounting the bike.