

Greg's Cycle Class

Date: April 12, 2020

Location: Virtual: <https://gt-healthy.com/200412-on-line-cycle/>

Description: Two sections of progressively increasing intensity with interval sprints in between.

Playlist link: <https://open.spotify.com/playlist/7odOLmyR1dSUNDEFPGuJyi?si=bvzCMUfJSzGB5YOo58z8Pw>

Spotify URI: <https://open.spotify.com/playlist/7odOLmyR1dSUNDEFPGuJyi?si=ZOKNkMjdRnOvCQFA5Ec9Ew>

Elapsed time	Song Duration	Movement and symbol	Intensity (% of max HR)	Target Cadence	Technique and workout notes	Song and Artist
Pre-workout: Warm up and upper body stretch						
0-5:31	5:31	Stretch and warm up	60% MHR	60-90 RPM	Warm up/transition through positions	Star Sky / Two Steps from Hell
Segment 1: Gradually progressing intensity from 60% to 90%+						
5:30-8:00	2:21	Seated flat road	65% MHR	90 RPM	Simulating flat road, easy gear, dialing in form	Son of a Preacher Man / Dusty Springfield
8:00-14:21	6:21	Seated hill and jumps on a hill	65-75% MHR	80 RPM	Gradually increasing gear while maintaining cadence and periodically leaving saddle	Livin' on the Edge / Aerosmith
14:21-26:07	11:46	Standing runs	75%-85%+ MHR	60 RPM	Gradually increasing gear while simulating a long, heavy hill. Target threshold for final 3 minutes and break into anaerobic final 90 seconds	Sky Path – Extended Folk Mix / Chronos
Segment 2: Recovery and two sets of interval sprints						
26:07-29:52	3:45	Sprints	60%/90% MHR	110 RPM	Recovery, followed by three intervals of 15s sprints and 45s recovery	3 am – Remastered Version / Matchbox Twenty

29:52-33:55	4:03	Tabata	60%/90%+ MHR	100 RPM	Tabata intervals—20 second sprints with 10 second recoveries (8)	Dance Monkey (Tabata) / Tabata Songs
33:55-36:18	2:23	Recovery (or jumps)	65% or 80% MHR	70 RPM	Recovery as needed, or jumps on a hill	Iron Man 3 / Brian Tyler
Segment 3: Gradually progressing intensity from 65% until 90%+ on ‘three minutes of glory’						
36:18-39:00	2:42	Seated flat	65% MHR	90 RPM	Simulating flat road, back to basics, dialing in form	On the Dark Side / John Cafferty & the Beaver Brown Band
39:00-42:48	3:48	Seated flat	70% MHR	100 RPM	Same thing at 10 RPM higher; ideally same gear	Birima / Youssou N’Dour*
42:48-45:30	2:42	Seated flat; fast pedaling	75% MHR	110 RPM	Pushing cadence to maximum at same gear	California Dreamin’ / The Mamas & The Papas
45:30-50:28	4:58	Standing runs	80-85% MHR	90 RPM	Pedaling in saddle and standing position just at anaerobic threshold	‘Till I Collapse / Eminem, Nate Dogg
50:28-53:19	2:51	3 minutes of glory	80-85% MHR	60 RPM	Final push on a big hill up in position 3	Bad (feat. Vassy) / David Guetta, Showtek
Segment 4: Recovery and lower body stretch						
53:19-56:35	3:16	Recovery	60% MHR	80-90 RPM	Cool down	Suspicious Minds – Take 6 / Elvis Presley
56:35-59:25	2:50	Stretch	50% MHR	Off bike	Cool down and stretch	Burning Love / Elvis Presley

*Note: this Senegalese song recommended by Max Mattei, an inspirational artists and musician, see some of his great photography here: <http://maxmatteiphoto.com/>

For more playlists and workouts go to: <https://gt-healthy.com/physical-fitness-page/fitness-videos/spinning-profiles/>

For Greg’s Spotify profile and playlists: <https://open.spotify.com/user/greg.troiano?si=NJPuh-7CQfqOvizlS9bR1Q>