

cyclecore

week #2 (Dec 4 & Dec 6 2012)

Cycle:

Tuesday Stefanie will be guiding you through a workout to focus on your breathing and linking your efforts to a response in your heart rate.

Thursday the bike time will be spent on some flat and rolling terrain simulation, plus a few high cadence spin-ups!

**Saturday Meet at Andy's Office (705 4th Ave East, downtown oly) @ 9:00 for optional outdoor 5K time trial on Eastbay Drive. Bring weather appropriate cycling clothing, your bike, and your HR monitor. We should be done in about an hour if all goes as planned!

Homework: This is a great time of year to get some time on the bike without a lot of intensity. 1 or 2 hour long spins during the week will help you loosen up between classes. On the weekend, plan on 90-120 minutes of riding but keep your heart rate between 50-75% of your tested AT.

Core:

Our basic format for class is a core activation series, mobility circuit, core circuit, and strength circuit. This week we'll be doing the same series on Tuesday and Thursday. Your homework is to do it again 1-2 times over the weekend. Gettin' crazy with it? Do it daily!

Daily Core Activation Series

Lower Back/Gluteal Bridge: 30 sec

Front Plank: 1 min

Right Side Bridge: 30 sec

Left Side Bridge: 30 sec

Bird Dog/Cross Crawl: 12 reps

Hip Hinge: 8 reps

Founder: 20sec/20sec/20sec

Mobility Circuit (5 minutes)

Front Squats 5 repetitions

Down Dog & Cobra Drill 3-5 repetitions

Core Circuit (5 minutes)

Inch Worm 5 repetitions

Windmill 5 repetitions

Strength Circuit (5 minutes)

Pushup 5 repetitions

Split Squat 5 repetitions per leg

Class website/workout archive: www.rosserchiro.com/cyclecore-class