

# cyclecore

week #11 (Feb 5 & 7, 2013)

## **cycle:**

Tuesday: It was called **Ladder to Success**, but today it's more like a step stool- I have modified this workout a bit. HR up and down work in zone 3, a couple of out of the saddle climb lower cadence- no hammering and a small HR pyramid- incremental increases and decreases with a steady tempo.

Thursday: Andy takes the lead for a sort-of simulated ride around **Summit Lake**- Zone 2-3 cruiser. Have fun!

*\*\*Weekend Homework Plan on 90-120 minutes of riding but keep your heart rate between 50-75% of your tested AT.*

## **core:**

### **Dynamic Warmup**

Cross Crawl X12

Inchworm X3

Knee Hugger X12

### **Foundation Series**

Chair Pose (Foundation)

Lower Back Extension

Adductor-Assisted Lower Back Extension

Child's Pose

Lunge Stretch

*...and repeat*

### **Stretching** (10 reps per stretch)

Hamstring X2

Gluteals X2

Upper Back

Class website/workout archive: [www.rosserchiro.com/cyclecore-class](http://www.rosserchiro.com/cyclecore-class)