

cyclecore

week #12 (Feb 12 & 14, 2013)

cycle:

Tuesday: We will revisit The Zipper- some told me they hated me, but I know this not to be true. Fast intervals will zip you through class.

Thursday: A new one! Call it **Galactic** (I guess you might see stars and it's worth it!) Three 6 minute threshold intervals - it will be hard, your breathing will be labored and your muscles may fatigue. Your pay-off will be the ability to sustain a higher power output or speed for a longer period of time. If you are a more casual cyclist, it is good for the soul and a challenge. Your cardio is much more solid than back in December and you can prove it!

****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 X 12
Hip Hinge X 10
Down Dog to Cobra X 8

Core Activation Series

Front Plank 30 sec
Side Bridge (Knees Bent) 20 sec/side
Low Back Bridge 30 sec
...and repeat

Foundation Series

Chair Pose (Foundation)
Lower Back Extension
Adductor-Assisted Lower Back Extension
Child's Pose
Lunge Stretch

Stretching (10 reps per stretch, hold 2 seconds each)

Hamstring
Gluteals
Quadriceps
Upper Back (twist and reach to the ceiling from hands and knees on the floor.)

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