

# CYCLECORE

week #12 (Feb 12 & 14, 2013)

## **CYCLE:**

**Tuesday: Cowabunga!** Continue to build your aerobic endurance and muscular strength.. a few short hill repeats with a brief sprint to the top followed by a couple steady state intervals just below threshold. Will make you feel like yelling "Cowabunga!" (Andy and I can ring the cowbells, because if you have energy to ring them, then you are not working hard enough)

**Thursday: Jumping Jiminie!** No crickets here... Sets of short, high-speed bursts with resistance that will help increase your explosive power for warp-speed acceleration. Because we all need these to out smart a dog chase, cross the train tracks or speed through a yellow light (oh and pass that bastard on the hill who keeps on challenging us ).

*\*\*Weekend Homework Plan on 90-120 minutes of riding add some increased intensity such as hills and challenge yourself getting your heart up to your 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](http://www.rosserchiro.com/cyclecore-class)