

cyclecore

week #7 (Jan 8 & 10, 2013)

Cycle:

Tuesday- The Zipper- 2 sets of ouch- higher intensity, with focus on a fast cadence working the bottom of zone 4 with recovery @ bottom zone 3- keeping it lively!

Thursday- Cool Hand- A challenging ride focused on hills. Heavy resistance and slower cadence doing bottom zone 4 work again but in a different way muscularly- power!

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

Core:

Daily Core Activation Series

Chair Pose (Foundation)

Lower Back Extension

Adductor-Assisted Lower Back Extension

Child's Pose

Lunge Stretch

...and repeat

Stretching (8 reps per stretch)

Hamstring X2

Gluteals X2

ITB

Adductors

Upper Calf

Lower Calf

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