

CYCLECORE

week #8 (Jan 15 & 17, 2013)

CYCLE:

Tuesday: Fruit Loops- 3 sets of standing out of the saddle work combined with seated fast pedal work. Out of the saddle will engage different muscles, returning to the saddle you will work on engaging speed and a steady pace

Thursday: Big Gear- Returning to the hills! Starting the workout with a warm up of drills followed by a balance of in and out of saddle climbing over 30 minutes- a little rest on some plateaus in the mix

Both rides are in zones 3-4

***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

Foundation 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

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