

# cyclecore

week #8 (Jan 15 & 17, 2013)

## **cycle:**

Tuesday: "Rinse and Repeat" Ladder intervals. Even if there are 5 minutes of RBI, you might want to cry afterwards.

\*\* remember crying is cleansing for the soul

Thursday- a calmer ride- zone 3 loop ( circuit) ride with friends- can you beat them up the hills? Can you chase them on the flats?

\*\*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

Upper Back

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