

cyclecore

week #14 (Feb 26 & 28, 2013)

CYCLE:

Tuesday- Out and Back- come along for the ride, work as hard as you want to, the hill climb is long and has switchbacks and there could be a few random sprints mixed in.

Thursday- Steady State- Three 10 minute steady state intervals. Need to come to class to find out what zone you will be working. ;)

***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