













CREATED BY	Angela Amedio
ENERGY ZONE™	Interval
RIDE LENGTH	44 Minutes
RIDE DESCRIPTION	<p>Do you have the physical and mental stamina to make it through 3 blocks of intense work? As the blocks of work (or intervals) progress, they decrease in length and increase in intensity.</p> <p>https://open.spotify.com/user/spinninghq/playlist/4Ax44JiZFKV9TirXjj51n3</p>

Elapsed Time	Duration	Movement	Intensity	Cadence	Technique
0:00 – 3:02	3 min, 02 sec	 Seated Flat	55-65% MHR	80-100 RPM	<p>Start with your safety speech and warm up on a gentle, flat road.</p> <p><i>Song:</i> Void of Self – Joseph Areas</p>
3:02 – 7:23	4 min, 21 sec	 Seated Flat	75-80% MHR	90-100 RPM	<p>Instead of focusing on the beat of the music, pay close attention to your rating of perceived exertion (RPE) to determine your intensity and adjust cadence and resistance accordingly. This block is the longest out of four, but also the least intense. Ramp up the heart rate, but try to stay aerobic by pushing the pace with moderate resistance.</p> <p><i>Song:</i> World Unite (DJ Xquizit Remix) – Reorder</p>
7:23 – 14:34	7 min, 11 sec	 Jumps	75-80% MHR	80-90 RPM	<p>Transition to Jumps that are consistent and steady (8 count). Throughout the 7 minutes, complete 4 sets of 8 Jumps. After your last set, hit the Seated Flat and hang onto the intensity. Don't recover just yet; the block isn't over!</p> <p><i>Song(s):</i> Deep Space, Paul Oakenfold</p>
14:34 – 22:04	7 min, 30 sec	 Seated Flat	75-80% MHR	90-100 RPM	<p>The last few minutes of the first block! Your riders will be looking for your coaching skills to get them through it. Encourage them to stay at threshold and not “blow up” to a higher intensity or they won't make it until the end of the block.</p> <p><i>Song:</i> The Drums (Avicii's Mouthful Remix) – Alex Gaudino, Nari, Milani, Capricorn</p>

22:04 – 24:05	2 min, 1 sec	 Seated Flat	65-70% MHR	80 RPM	Enjoy a well-deserved recovery before the next block of work begins. <i>Song(s):</i> The Drums (Avicii's Mouthful Remix) – Alex Gaudino, Nari, Milani, Capricorn
24:05 – 24:35	0 min, 30 sec	 Running on a Hill	80–85% MHR	70–75 RPM	Block (or interval) 2 will increase in intensity and decrease in length. Alternate between Running on a Hill and a Seated Climb. <i>Song:</i> Insanity – Mangal Survarnan, Eshani S
24:35 – 25:05	0 min, 30 sec	 Seated Climb	80-85% MHR	65–70 RPM	Keep alternating between Seated Climb and Running on a Hill. Adding more resistance when seated and slowing the pace accordingly. <i>Song:</i> Insanity – Mangal Survarnan, Eshani S
25:05 – 26:05	1 min, 0 sec	 Running on a Hill	80–85% MHR	70–75 RPM	Increase the pace, decrease resistance slightly. <i>Song:</i> Insanity – Mangal Survarnan, Eshani S
26:05 – 28:02	1 min, 57 sec	 Seated Climb	80-85% MHR	65–70 RPM	This track ends with a 2-minute Seated Climb. <i>Song:</i> Insanity – Mangal Survarnan, Eshani S
28:02 – 32:50	4 min, 48 sec	 Standing Climb	80-85% MHR	65–70 RPM	Stand with hands in Hand Position 3, increase resistance and power through. Recovery is on the way! <i>Song:</i> Out of Breath (Extended Remix) – Freejac, Martay M'Kenzi
32:50 – 35:52	3 min, 02 sec	 Seated Flat	65-70% MHR	80 RPM	Recover with a flat road with light resistance. This will be the last recovery offered until the cool down. Use some of this time to explain the 5-Step Sprint. <i>Song:</i> Rise Up – Thomas Jack, Jasmine Thompson
35:52 – 36:17	0 min, 15 sec	 Sprints on a Flat	90-Max% MHR	80–110 RPM	Block 3 is the shortest in length, but the highest in intensity! Complete a Sprint on a flat road (at minute 1:24 of this track) and use every ounce of strength and energy you have left! <i>Song:</i> Black Gloves – Goose

36:17 – 40:17	4 min, 0 sec	 Seated Flat	65-70% MHR	80-90 RPM	Let the heart rates decrease after the sprint, but stay active as the intensity lowers as well. <i>Song(s):</i> Vernal – Spencer Brown
40:17 – 43:47	3 min, 30 sec	 Seated Flat	55-65% MHR	80 RPM	Continue to lower the intensity by riding easy. When it is time, safely dismount the bike and stretch. <i>Song(s):</i> Best Part (ft. H.E.R.) – Daniel Caesar, H.E.R.