



Schwinn® Cycling: Keep it Simple

Total Time: 50 minutes

Big Picture/Description: This is all about keeping it simple. The class is design with 2 similar stages. Each stage will challenge anaerobic training with 2 sets of HIIT intervals followed by steady aerobic conditioning.

The FRAME Music	The CORE				The FRAME Content/Motivation	
	Stage/Time	Intensity/ Time		RPM/Technique		
Matrix Eric Prydz (7:00)	Warm-up 7:00	Easy/moderate	0-7:00	70-90	Combo Flat	Progressive intensity: Ease into the work. Observe your wattage at a variety of RPM's and resistance to find your easy and moderate intensity in both seated and standing positions.
Intoxicated Martin Solveig >A (4:19) Despacito Justin Beiber (3:50) Ten Feet Tall David Guetta Remix (6:10) California Dreaming Sia (3:37) Back of the car RAC (3:30)	Stage 1 21:06	Moderate/Anaerobic	2 X 1:00/1:00	60-70/80- 90	Combo hill	Interval: Two – one-minute distance challenges. Set the stage and ride for 1:00 to find your distance. Use this benchmark to challenge the distance the second time through Hold Steady: After giving it your best effort take the next 3:50 to ride steady in low to moderately high intensity as you prepare for the next interval Interval: PB - Perform 3 – 30 second all out efforts by observing your high wattage and average in each of the 3 – 30 second intervals. You will get 3 times the recovery so give it your all! Build it up: Ride side by side with your new-found friend and finish with a climb that builds from moderate to very hard work by setting a challenging resistance and adding RPM's as you go. Ride easy. Catch your breath. Enjoy the view and get ready for Stage 2!
	Steady Moderate	3:50	80-90	Seated flat		
	Easy Anaerobic/ Moderate	0-:30 3X :30/ 1:30	60-70/80-90	Combo hill		
	Moderate/Hard/Very Hard	3:37	60/70/80	Seated hill		
	Easy/ moderate	3:30	80-90	Seated flat		
This is how we do it The Chainsmokers X LMFAO (5:00) Light it up Major Lazer (2:45) Heavens Cry Voices (4:45) Sweat Dreams La Bouche (3:15) Discharge Curbi (3:00)	Stage 2 18:45	Moderate/Anaerobic	3X :40 each	70-100	Combo hill	Interval: This interval is an opportunity to let the music drive the intensity of the ride. There are 3 X :40 pushes. Give it your best effort by tuning into how you feel Hold Steady: After giving it your best effort take the next 2:45 to ride steady in low to moderately high intensity as you prepare for the next interval Interval: PB Step it up interval 4X. Set the resistance and step the RPM's to challenge your PB in Stage 1 Build it up: Final Climb...NEVER GIVE UP! Come back to your friend and build from moderate to very hard work by setting a challenging resistance and adding RPM's as you go Ride easy. Catch your breath. Congratulate yourself for your effort Check your average and max wattage for the ride.
	Steady Moderate	2:45	80-90	Seated flat		
	Moderate/ Very hard/ Anaerobic	4 X 20/20/20	80-100	Seated Flat		
	Moderate/ Hard/ Very Hard	3:15	70-90	Combo hill		
	Easy/ moderate	3:00	80-90	Seated flat		

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Don't let me down Chainsmokers (3:25)	Cool down	Moderate/ easy Stretch	3:25	70-80 Seated Flat	Performance Review: look at your average wattage, max wattage and overall distance for your efforts today. Record them and let's challenge it again next class. Progressive: Focus on your breath and bringing the intensity down gradually. You have done the work. Enjoy the reward!
	3:25				

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