



Schwinn® Cycling Class Design Template

Total Time: 50 minutes (Include a 7min cool down, not included here)

Big Picture/Description: The Character Builder – Lactate Threshold Intervals

The FRAME Music	The CORE			The FRAME Coaching/Motivation
	Stage/ Time	Intensity/ Time	RPM/Technique	
There's Nothing Holding Me Back/Shawn Mendes	3:19	Easy/Moderate	85-90 RPM/Seated Flat	Giant ladder of an ascending ladder of intervals all performed at lactate threshold/hard intensity with minimal recovery.
Burnin' Up/Jessie J (feat. 2 Chainz)	3:41	Moderate/Hard 7:00min warm up	60-75 RPM/Combo Climb	This is a real character builder! There are 4 stages with 2 intervals in each. The first interval is performed at a high cadence with less resistance and the second with lower cadence and higher resistance Try to hold the best effort/wattage on each interval. This ride will teach you to produce high wattage regardless of the RPM/resistance!
Wonderful Night/Fatboy Slim	2:45	Hard/2:00min Easy/45s	85-100 RPM/Seated Flat	Go hard for 2 min but keep something in the 'tanks' you will only have 45s of recovery before the next interval.
Freaks/Timmy Trumpet (feat. Savage)	2:49	Hard/2:00min Easy/49s	60-75 RPM/Combo Climb – Rider's Choice	The first 2 min interval is on a 'flat' road with higher cadence, the second is on a 'hill' with lower cadence and higher resistance. Try to hold similar power/effort on both intervals
Do Your Thing/Ozomatli	3:01	Hard/3:00min Easy/36s	85-100 RPM/Seated Flat	Go hard for 3 min, you will have only 36s of recovery before the next interval. 'Borrow' the recovery from the first interval from the next song (Sweet Nothing)
Sweet Nothing/Calvin Harris (feat. Florence Welch)	3:36	Hard/3:00min	60-75 RPM/Combo Climb – Rider's Choice	Keep power consistent and within a similar range from the - minute intervals Go hard for 3 minutes on a 'hill'. Find the perfect balance between resistance and RPM so legs don't overly fatigue and HR stays high
Keep Calm & Twerk On/Christian Marchi (Christian Marchi Perfect Mix)	4:41	Easy/41s Hard/4:00	85-90 RPM/Seated Flat	Start the next stage in recovery mode for 41s before starting the next 'flat' 4:00min effort Focus on keeping a steady effort/power output
Endorphins/Sub Focus (feat. Alex Clare)	4:07	Easy/minimal Hard/4:00	60-75 RPM/Combo Climb-Rider's Choice	Go hard for 4:00min on a 'hill' You have one more stage!
Anaconda/Wolfgang Gartner	5:44	Easy/44s Hard/5:00	85-90 RPM/Seated Flat	Last two intervals! Start this stage with 44s of recovery before doing the next 5:00min 'flat' effort. Hang in there! Only one more interval!
Boss/Disclosure	6:39	Easy/1:00 Hard/5:00	60-75 RPM/Combo Climb-Rider's Choice	Go easy for 1 minute before the next 5:00min effort on at a cadence and technique of the rider's choice.

Email

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