



Schwinn® Cycling Class Design Template – The Grit 20'

Total Time: 45 min

Big Picture/Description: It's Grit time! Get comfortable pushing in the Hard Zone in a pyramid extensive interval set. The tip is not to drop into your Easy Zone until the 20mins are over. The treat is the 4min cherry on the cake set of Tabatas to finish off the ride.

The FRAME Music	The CORE				The FRAME Coaching/Motivation	
	Stage/ Time	Intensity/ Time		RPM/Technique		
Magic/Cold Play	Warm Up 4:45	Easy	0:00 – 2:30	60-80	Seated	Get familiar with the console & stage timer, establish your push points in and out of the saddle. This is an endurance training ride with a few short intervals peppered in at the end. The key is to hang on for the main 20min Grit Set . Good news is that goes up, must come down and the toughest part is the middle. If you don't do much endurance training this is your chance to establish your base!
		Moderate	2:30 – 4:45			
Electricity (feat. Dua Lipa)- MK Remix	Warm Up/Rev Up 5:46	Easy	0:00 – 0:55	60-65	Seated	Second part of the warm up. Use the music to ride in and out of the saddle. The main set is all on a flat so this is your own and only chance to climb. Leverage it!
		Moderate	0:55 – 2:03	60-65	Standing	
		Easy	2:03 – 4:16			
		Moderate	4:16 – 5:46			
Intro/The xx	Set up 2:08	Easy	0:00-2:08	80-90	Seated	The 20'min Grit set is 5 x 4min sets in a 3:00/1:00. 2:00/2:00, 1:00/3:00, 2:00/2:00 and 3:00/1:00 Moderate/Hard block. The temptation is to drop to an Easy Zone after pushing Hard but stay on the road, stay with your pack and don't get dropped until the next push.
Everything Little Things She Does is Magic/ Remastered 2003 Police	Stage 1 20:00	Moderate	0:00 – 3:20	60-80	Seated	First Block – for the first 3:00 establish your moderate zone. This should be at least 60-70% of your FTP. Challenging but doable and sustainable. Measure your watts and establish your base. Last 1:00 push the same gear with more speed or add gear and stand (<i>hint, based on the music, this is the only set you can stand in. Consider measuring the 1:00 effort.</i>) Second Block – back to Base for 2:00 and find your Hard (top of Zone 3 aerobic) for 2:00 Third Block – the hardest one (hence the Matrix tunes). First 1:00 moderate and then dig in for 3:00. Both upcoming sets will be easier! Fourth Block – ahhh! What a difference a min can make. You've done 2:00 hard earlier. You got this! Fifth Set – this is pure blitz for 3:00mins. Consider measuring the last 1:00 and compare to the one from the first block.
		Hard	3:20 – 4:20			
Savage Remix (feat. Beyonce)		Moderate	0:00 – 2:10	60-80	Seated	
		Hard	2:10 – 4:10			
Clubbed to Death (The Matrix) Robert Boys		Moderate	0:00 – 1:00	90 - 100	Seated	
		Hard	1:00 – 4:00			
Mundian to Bach Ke (Beware of The Boys- Jay Z remix)		Moderate	0:00 – 2:00	95-100	Seated	
		Hard	2:00 – 4:00			
Masai/Elli Kokkinou		Moderate	0:00 – 3:22	85-90	Seated	
		Hard	3:22 – 4:22			
Ily/Love you baby Topic Remix	Recovery 2:36	Easy	0:00 – 2:36	70-80	Seated	Take a full recovery!
Deep Orchestra Tabata (w/coach)	Stage 2 4:00	Easy	0:00 – 0:10	85-90	Seated	You know this drill. 8 rounds of: 10easy/:20 hard. Let the coach do the work if you are too tired to count.
		Hard	0:10 – 0:30			
Confetti/Roshelle Email	Cool Down	Easy	0:00 – 3:58			Land the 'aircraft', breathe your HR and breathing rate down. You did an amazing job! http://corehandf.com/
		Stretch				



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