

<p>Total Time: 30 minutes Focus: Body Position, Pedal Speed, Pedal Tension Purpose: To build understanding and body mechanics to support healthy knees.</p> <p style="text-align: center;">Rate of Perceived Exertion (RPE) Zones: Z1 = Easy, Z2 = Moderate, Z3 = Hard, Z4 = Very Hard, Z5= Max Effort</p>				
Interval Time (min)	Focus	Cue	RPM	RPE/ HR Zone
10:00 Warm Up & Body Check				
4:00	Warm Up	Easy spin. Add enough tension so that you feel like you are pushing against something	75+	1
1:00	Body Check #1 Foot Position	Foot Position: No Tippy Toes! Foot should be parallel to the floor with up to 20 degree heel lift.	75+	2
1:00	Body Check #2 Knee Position	Knee Position: Optimally, knees are parallel to bike or tucked in. Not flared out.	75+	2
1:00	Body Check #3 Sit Bones	Sit Bones: Feel your weight at the back of the saddle on your sit bones.	75+	2
1:00	Body Check #4 Flat Back, Relaxed Shoulders	Flat Back: Not arched or scooped. Shoulders: Inhale and raise shoulder to your ears, Exhale and release all the tension in shoulders.	75+	2
1:00	Body Check #5 Al Dente Elbows	Elbows: soft with a slight bend. Not stick straight like uncooked pasta or too bendy like over cooked pasta	75+	2
1:00	Body Check #6 Rolled Wrists	Rolled Wrists: Create a long line from your forearm to the top of your hand. No "cocked" wrists	75+	2
6:00 Pedal Speed: Developing Muscle Control				
6:00	RPM Pyramid	0:30 at each RPM. Take off tension if you need to in order to pedal at the higher speeds. 65-70-75-80-85-90-85-80-75-70-65-60	65-90-60	2 - 3
2:00	Recovery	Easy spin!	75+	1
6:00 Tension Drills: 3 Intervals, hold the same RPM during each interval.				
2:00	Tension Drill #1 Hold RPM steady	0:30 Light Tension 0:30 Medium Tension (add a gear or two) 0:30 Heavy Tension (add a gear or two) 0:30 Easy Recovery (take off some tension)	70	2 3 4 1
2:00	Tension Drill #2	Repeat above at new RPM	75	Repeat above
2:00	Tension Drill #3	Repeat above at new RPM	80	
6:00	Cool Down	Easy spin, bring your heart rate down	75-90	1

Total Time: 30 minutes

Focus: Pedal Stroke, Pedal Speed, Pedal Tension

Purpose: To continue to build body awareness and develop body mechanics to support healthy knees.

Rate of Perceived Exertion (RPE) Zones: Z1 = Easy, Z2 = Moderate, Z3 = Hard, Z4 = Very Hard, Z5= Max Effort

Interval Time (min)	Focus	Cue	RPM	RPE/ HR Zone
10:00 Warm Up & Body Check				
5:00	Warm Up	Easy spin. Add enough tension so that you feel like you are pushing against something	75+	1
5:00	Pedal Stroke	Practice each part of the Pedal Stroke: DownsStroke, Bottom Stroke, UpStroke, TopStroke 2:00: Alternate 0:30 each 2:00: Alternate 0:30 each 1:00: Alternate 0:15 each	75- 85	2
2:00	Recovery	Easy spin.	75+	1
5:00 Pedal Speed Ladders (RPM): Developing Muscle Control at different RPM				
2:30	Pedal Speed Interval	Increase RPM every 0:30. If you can, leave your tension as is. If you need to, release some tension so that you can reach the RPM	70-75- 80-85- 90	2-3
2:30	Pedal Speed Interval	Repeat above	70-75- 80-85- 90	2-3
2:00	Recovery	Easy spin.	75+	1
6:00 Tension Drills: 3 Intervals, hold the same RPM during each interval.				
2:00	Tension Drill #1	Hold RPM steady 0:30 Light Tension 0:30 Medium Tension (add a gear or two) 0:30 Heavy Tension (add a gear or two) 0:30 Easy Recovery (take off some tension)	70	2 3 4 1
2:00	Tension Drill #3	Repeat above at new RPM	75	Repeat above
2:00	Tension Drill #2	Repeat above at new RPM	80	
5:00	Cool Down	Easy spin, bring your heart rate down	75-90	1

Total Time: 32 minutes

Focus: Refining Pedal Speed and Building Power

Purpose: To continue to develop muscular control and begin to build strength and power.

Rate of Perceived Exertion (RPE) Zones: Z1 = Easy, Z2 = Moderate, Z3 = Hard, Z4 = Very Hard, Z5= Max Effort

Interval Time (min)	Focus	Cue	RPM	RPE/ HR Zone
8:00 Warm Up & Body Check				
5:00	Warm Up	Easy spin. Add enough tension so that you feel like you are pushing against something	75+	1
0:30	Power	Hold RPM, add tension so that it is very hard	80	4
1:00	Warm Up	Easy Spin	75+	1
0:30	Pedal Speed	Add 10 RPM to wherever you are. Pedal Faster!	85+	3
1:00	Warm Up	Easy Spin	75+	2
4:00 Pedal Stroke: Recruiting more muscle to ease the work on your knees				
4:00	Pedal Stroke Try to pedal a bigger circle than your pedals will allow.	Practice each part of the Pedal Stroke: DownsStroke, Bottom Stroke, UpStroke, TopStroke 2:00: Alternate 0:30 each 1:00: Alternate 0:15 each 1:00: Put it all together!	80-90	2
1:00	Recover	Easy Spin	75+	1
3:30 Valley RPM Pyramid (pedaling faster like you are going downhill)				
2:00	Increase RPM	Every 0:30, add 5 RPM	80, 85, 90, 95	3
1:30	Decrease RPM	Every 0:30, decrease 5 RPM	90, 85, 80	3
2:00	Recover	Easy Spin!	75+	1
3:30 Hill RPM Pyramid (pedaling slower like you are going up hill)				
2:00	Decrease RPM	Every 0:30, decrease 5 RPM, add Tension to make it harder like the hill is getting steeper	90, 80, 70, 65	3
1:30	Increase RPM	Every 0:30, increase 5 RPM, take off a little tension like the hill is getting more gradual	70, 80, 90	3
2:00	Recover	Easy Spin!	75+	1
3:00 Surges to build leg strength				
3:00	Surge Intervals	Repeat 1:00 Interval Set 3X 0:45 hold 70 RPM; 0:15 Pedal Faster to 90 RPM Do not change tension, work to pedal faster!	70/90	2/4
5:00	Cool Down	Easy spin, bring your heart rate down	75-90	1

<p>Total Time: 35 min. Focus: Intervals that build strength Purpose: Stronger muscles and more stamina! Using our good cycling technique to hold longer intervals to begin to build strength and endurance Rate of Perceived Exertion (RPE) Zones: Z1 = Easy, Z2 = Moderate, Z3 = Hard, Z4 = Very Hard, Z5= Max Effort</p>				
Interval Time (min)	Focus	Cue	RPM	RPE/ HR Zone
8:00 Warm Up & Body Check				
5:00	Warm Up	Easy spin. Add enough tension so that you feel like you are pushing against something	75+	1
0:30	Power	Hold RPM, add tension so that it is very hard	80	4
1:00	Warm Up	Easy Spin	75+	1
0:30	Pedal Speed	Add 10 RPM to wherever you are. Pedal Faster!	85+	3
1:00	Warm Up	Easy Spin	75+	2
6:00 Elements of Standing				
2:00	½ Rotation Track Stand	With Pedals stopped and feet parallel to ground, transition from seated to standing. Pedal 1/2 stroke to switch position of feet. Return to seated. Repeat, starting with other foot.	0	2
2:00	1 Rotation Track Stand	Same as above, but make full rotation of pedals. Start with opposite foot each time you stand.	0	2
2:00	Standing Drills	Alternate 0:15 seated/0:15 standing & pedaling. Weight should be in your feet, not your hands. If you feel you are not yet ready for this, continue with the track stand & rotation drills.	60-70	2
2:00	Recover	Easy Spin!	75+	1
5:00 Surges to build leg strength				
5:00	Surge Intervals	Repeat Interval Set 5X 0:45 hold 70 RPM 0:15 Pedal Faster to 90 RPM Do not change tension, work to pedal faster!	70/90	2/4
2:00	Recover	Easy Spin!	75+	1
7:00 2 Saddle Hills				
2:30	Seated Climb	Add Tension and slow by 5 RPM every 0:30	90-85-80-75	4
2:00	Downhill	Easy Spin	85+	1
2:30	Seated Climb	Add Tension and slow by 5 RPM every 0:30	90-85-80-75	4
5:00	Cool Down	Easy spin, bring your heart rate down	75-90	1

Total Time: 37 minutes
 Focus: Intervals with ratio of 1 work to 1 rest
 Purpose: Developing muscular strength, stamina, and power

Rate of Perceived Exertion (RPE) Zones: Z1 = Easy, Z2 = Moderate, Z3 = Hard, Z4 = Very Hard, Z5= Max Effort

Interval Time (min)	Focus	Cue	RPM	RPE/ HR Zone
8:00 Warm Up				
5:00	Warm Up	Easy spin. Add enough tension so that you feel like you are pushing against something	75+	1
0:30	Power	Hold RPM, add tension so that it is very hard	80	4
1:00	Warm Up	Easy Spin	75+	1
0:30	Pedal Speed	Add 10 RPM to wherever you are. Pedal Faster!	85+	3
1:00	Warm Up	Easy Spin	75+	2
4:00 Pedal Stroke Practice				
4:00	Pedal Stroke	Practice Downstroke, Bottomstroke, Upstroke, Topstroke 2:00 with 0:30 each pedal stroke 1:00 with 0:15 each pedal stroke 1:00 Put it all together! Pressure all the way around the pedal.	75-85	2-3
2:00	Recover	Easy Spin!	75+	1
18:00 Power Building Intervals 1:1 Work to Rest				
2:00	1:1 Interval	1:00 Work Hard; 1:00 Recover	85+	3/1
4:00	2:2 Interval	2:00 Work Hard; 2:00 Recover	80	3/1
6:00	3:3 Interval	3:00 Work Hard; 3:00 Recover	75	3/1
4:00	2:2 Interval	2:00 Work Hard; 2:00 Recover	80	3/1
2:00	1:1 Interval	1:00 Work Hard; 1:00 Recover	85+	3/1
5:00	Cool Down	Easy spin, bring your heart rate down	75-90	1

Total Time: 36 minutes

Focus: Drills for Hills

Purpose: Developing strength and force

Rate of Perceived Exertion (RPE) Zones: Z1 = Easy, Z2 = Moderate, Z3 = Hard, Z4 = Very Hard, Z5= Max Effort

Interval Time (min)	Focus	Cue	RPM	RPE/ HR Zone
8:00 Warm Up				
5:00	Warm Up	Easy spin. Add enough tension so that you feel like you are pushing against something	75+	1
0:30	Power	Hold RPM, add tension so that it is very hard	80	4
1:00	Warm Up	Easy Spin	75+	1
0:30	Pedal Speed	Add 10 RPM to wherever you are. Pedal Faster!	85+	3
1:00	Warm Up	Easy Spin	75+	2
6:00 Elements of Standing				
2:00	½ Rotation Track Stand	With Pedals stopped and feet parallel to ground, transition from seated to standing. Pedal 1/2 stroke to switch position of feet. Return to seated. Repeat, starting with other foot.	0	2
2:00	1 Rotation Track Stand	Same as above, but make full rotation of pedals. Start with opposite foot each time you stand.	0	2
2:00	Standing Drills	Alternate 0:15 seated/0:15 standing & pedaling. Weight should be in your feet, not your hands. If you feel you are not yet ready for this, continue with the track stand & rotation drills.	60-70	2
2:00	Recover	Easy Spin!	85+	1
15:00 Rolling Hills X3				
5:00	Rolling Hill Interval	1:30 Flat Road	85-90	3
		2:30 Climb	75-80	4
		1:00 Descent	90+	1
5:00	Rolling Hill Interval	1:30 Flat Road	85-90	3
		2:30 Climb	75-80	4
		1:00 Descent	90+	1
5:00	Rolling Hill Interval	1:30 Flat Road	85-90	3
		2:30 Climb	75-80	4
		1:00 Descent	90+	1
5:00	Cool Down	Easy spin, bring your heart rate down	75-90	1