

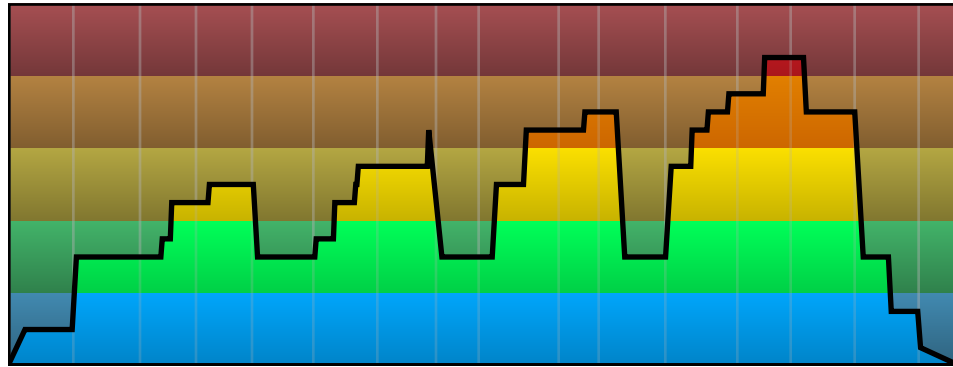
Ride 19 - Ladders

Original Author: Lean Lena

Class Time: 56:03

Points: 162

	Z1	Z2	Z3	Z4	Z5
(points)	9	37	42	59	15
(minutes)	8.2	18.2	13.9	14.6	2.5
(time %)	14%	31%	24%	25%	4%



Performance

1. Warmup And Runs (3:46)

Footloose - Kenny Loggins



Warmup

1:00: Add resistance to safely come up

Zone: 1 Cadence: 80-110 rpm RPE: 2

1:02: Up

Zone: 1 Cadence: 80-110 rpm RPE: 2

1:59: Up

Zone: 1 Cadence: 80-110 rpm RPE: 2

2:50: Up

Zone: 1 Cadence: 80-110 rpm RPE: 3

2. Warmup Cont. (4:01)

Walking On Sunshine - Katrina & The Waves



Warmup

0:00: Chose base cadence

Zone: 2 Cadence: 80-110 rpm RPE: 3

0:52: +5

Zone: 2 Cadence: 80-110 rpm RPE: 4

1:48: +5

Zone: 2 Cadence: 80-110 rpm RPE: 3

2:28: +5

Zone: 2 Cadence: 80-110 rpm RPE: 3

2:45: +5

Zone: 2 Cadence: 80-110 rpm RPE: 4

3. Climb 1 (3:19)

Long Black Road - Electric Light Orchestra



Muscular Endurance



Climbing

0:10: Add resistance

Zone: 2 Cadence: 60-80 rpm RPE: 5

1:11: Add 2

Zone: H2 Cadence: 60-80 rpm RPE: 6

1:45: Add 3

Zone: L3 Cadence: 60-75 rpm RPE: 6

4. Left/Right (3:18)

Physical (Glee Cast Version) [feat. Olivia Newton-John] - Glee Cast



Skill Specific

Sprinting

0:38: Right foot

Zone: 3 Cadence: 80-110 rpm RPE: 5

1:40: Left foot

Zone: 3 Cadence: 80-110 rpm RPE: 5

2:26: Right foot

Zone: 3 Cadence: 80-110 rpm RPE: 5

2:42: Left foot

Zone: 3 Cadence: 80-110 rpm RPE: 5

5. Recover And Speed (3:29)

Smooth Criminal - Alien Ant Farm



Sprinting

0:00: Faster

Zone: 2 Cadence: 80-110 rpm RPE: 5

0:30: Faster

Zone: 2 Cadence: 80-110 rpm RPE: 5

1:32: Faster

Zone: 2 Cadence: 80-110 rpm RPE: 5

6. Climb 2 (3:44)

It's My Life - Bon Jovi



Intervals



Climbing



Sprinting

0:07: Add

Zone: H2 Cadence: 60-80 rpm RPE: 5

1:13: Add

Zone: L3 Cadence: 60-70 rpm RPE: 6

2:27: Add and up

Zone: 3 Cadence: 60-70 rpm RPE: 7

2:36: Down and sprint on chorus

Zone: H3 Cadence: 70-90 rpm RPE: 7

7. Running W/Resistance (3:35)

T.N.T. - AC/DC

0:55: Up

Zone: H3 Cadence: 80-110 rpm RPE: 6

1:53: Up

Zone: H3 Cadence: 80-110 rpm RPE: 7

2:28: Up

Zone: H3 Cadence: 80-110 rpm RPE: 7

3:00: +10

Zone: L4 Cadence: 80-110 rpm RPE: 7

8. Speed Drills/Flat 1 (2:28)

Jailhouse Rock - Elvis Presley



Intervals



Sprinting

0:17: +5

Zone: 2 Cadence: 80-110 rpm RPE: 4

0:40: +10

Zone: 2 Cadence: 80-110 rpm RPE: 5

1:03: +10

Zone: 2 Cadence: 80-110 rpm RPE: 5

1:37: +10

Zone: 2 Cadence: 80-110 rpm RPE: 5

2:00: +10

Zone: 2 Cadence: 80-110 rpm RPE: 5

9. Climb 3 (4:39)

Die Another Day - Madonna



Muscular Endurance



Climbing

0:47: Add

Zone: 3 Cadence: 60-80 rpm RPE: 5

1:28: Add

Zone: 3 Cadence: 60-80 rpm RPE: 6

2:37: Add

Zone: L4 Cadence: 60-70 rpm RPE: 6

4:01: Add and up

Zone: L4 Cadence: 60-80 rpm RPE: 7

10. Runs (2:23)

Juke Box Hero / I Love Rock 'n' Roll - Diego Boneta, Alec Baldwin, Russell Brand & Julianne



Intervals

0:31: Run

Zone: L4 Cadence: 80-90 rpm RPE: 6

0:51: Run

Zone: L4 Cadence: 80-90 rpm RPE: 6

1:30: Run

Zone: 4 Cadence: 80-90 rpm RPE: 6

1:52: Run

Zone: 4 Cadence: 80-90 rpm RPE: 6

11. Recover And Speed (3:51)

Pig Farm (Bonus Track) - The Deadlies



Sprinting

1:02: +10

Zone: 2 Cadence: 75-90 rpm RPE: 4

2:13: +10

Zone: 2 Cadence: 90-110 rpm RPE: 5

3:09: +10

Zone: 2 Cadence: 80-90 rpm RPE: 5

12. Climb 4 (4:18)

Stand Up - Steel Dragon



Muscular Endurance



Climbing

0:05: Add

Zone: H3 Cadence: 60-80 rpm RPE: 5

0:39: Add

Zone: H3 Cadence: 60-80 rpm RPE: 6

1:34: Add and up

Zone: L4 Cadence: 60-80 rpm RPE: 7

1:52: Add

Zone: L4 Cadence: 60-75 rpm RPE: 7

2:31: Up

Zone: 4 Cadence: 60-70 rpm RPE: 7

3:00: Lighten up resistance, +10RPM

Zone: 4 Cadence: 60-80 rpm RPE: 7

3:43: Add R back

Zone: H4 Cadence: 60-65 rpm RPE: 7

3:59: Up

Zone: H4 Cadence: 60-65 rpm RPE: 8

13. Runs 3 (3:10)

When We Stand Together - Nickelback



Warmup

0:00: Run

Zone: H4 Cadence: 80-110 rpm RPE: 6

0:35: Run

Zone: H4 Cadence: 80-110 rpm RPE: 6

1:31: Run

Zone: L5 Cadence: 80-110 rpm RPE: 8

14. Sprints To Finish (3:43)

Storm - Vanessa-Mae



Intervals



Sprinting

0:43: +10

Zone: 4 Cadence: 80-110 rpm RPE: 8

1:32: Up

Zone: 4 Cadence: 80-110 rpm RPE: 8

2:23: +10

Zone: 4 Cadence: 80-110 rpm RPE: 8

2:59: +10

Zone: 4 Cadence: 80-110 rpm RPE: 8

15. Cool down (3:43)

The Finish Line - Train



Cooldown

0:01: Cool down

Zone: 2 Cadence: 80-90 rpm RPE: 3

2:00: Start slowing down

Zone: H1 Cadence: 70-80 rpm RPE: 2

16. Stretching (2:29)

Defying Gravity (Glee Cast Version) - Glee Cast

0:00:

Zone: L1 RPE: 1
