

# Cycle Intervals (not for the weak!)

*This is a Cycling pattern from [www.turnstep.com](http://www.turnstep.com). (pattern 16786)*

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Hey all! It's been awhile since I contributed, but here's an simple but challenging cycle ride. I teach to the cadence of the music, so this ride is performed with a continuous play CD of choice, bpm's 140-150.

I teach the schwinn/reaction cycling format:

- Zone 1: warmup/cool down (50-65% mhr) little resistance.
- Zone 2: seated flats/standing jogs (65-75%) resistance added, but riders should be able to breathe through nose
- Zone 3: challenging hills, seated and standing, sprints (75-85%) riders breathe through nose & mouth. I cue "bottom of zone 3" (75-77%) "middle of zone 3" (77-82%) "top of zone 3" (82-88%) (dont fret if folks dont know percentages~cue them through the intensity of their breathing. by top of zone 3, they should be working as hard as they can with given resistance at cadence with o slowing down or going anaerobic)
- Zone 4: 88-92% mhr.

## **INTERVAL 1:**

3 minute warmup to establish cadence (matching the pedal speed to the song beat)

3 minutes top of zone 3 in saddle (sustaining top of 3 in saddle is hard!) Cue: gear back to zone 2 and do breakaway sprints for 15 seconds on/15 seconds off for 3 minutes. (make sure that when they release sprint speed they come back to song cadence.)

Repeat 3X.

This will take about 20 minutes. If you have a class that needs recovery. If not, it will be 18 minutes.

## **INTERVAL 2:**

Repeat above with this change: 2.5 minutes top of zone 3, 30 seconds zone 4 (attain zone 4 by maintaining cadence but adding resistance)

You've now spent almost 40 minutes in saddle.

## **INTERVAL 3:**

1.5 minutes top of zone3 in saddle, then add resistance and stay 30 seconds zone 4 then come to standing & maintain cadence for 1 more minute (by coming out of saddle you have returned to zone 3, but in a standing position.)

Slow down, gear back, sit back and do the breakaway sprints 15 seconds on/15 seconds off for 2 minutes.

Repeat 3X