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## Empowerment 2015

Goal: Build back a base early in the season. Lots of intervals with one long hill at end.

| Stage | Music                                   | Time | Drill               | Focus/Cues   |
|-------|---|------|---------------------|--|
| 1     | Magic Carpet Ride - Steppenwolf         | 4:31 | Warm Up             | Find Flat Road and beginning of hill power output, turn on technique Welcome, setting the invitation tone, setting an intention, hearts desire in the present tense, bringing attention to physical sensations in the body - where is it at today? |
| 2     | Gimme Some Lovin' - Spencer Davis Group | 2:58 | Sprints             | Repeat power output 20 seconds on/off - can you hit the same output each time?   |
| 3     | Pride - U2                              | 3:49 | Hill Repeats        | 30 seconds up/ 15 seconds down, same or greater output.  |
| 4     | I Want to Break Free - Queen            | 4:18 | Progressive Hill    | Challenging to start - 3 stages up/ 1 stage down and then repeat - set your goal at the beginning level and then challenge yourself for each stage.  |
| 5     | Gimme Sympathy                          | 3:54 | Downhill            | Hold sprint - Commit to RPM and stay throughout - let build to chorus and then maintain.   |
| 6     | Bang a Gong - T. Rex                    | 4:27 | Ladder Steep Hill   | Max can sustain. Hold standing as long as you can/ combination of stand and sit. Progressively longer hill intervals.  |
| 7     | Message In a Bottle - The Police        | 4:49 | Pyramid             | 15 seconds rest, progressive work - feel the effect the short rest creates.  |
| 8     | I Can Change - Brandon Flowers          | 4:18 | Power Accelerations | 3 stages 20 seconds each - 30 seconds recovery - repeat outputs.   |
| 9     | Rock & Roll is King - ELO               | 3:07 | Flat Road Jumps     | Hold flat road, high speed. Add lifts - are you in control throughout?   |
| 10    | Feelin' Alright - Joe Cocker            | 4:11 | Surges              | 20 seconds at different power levels - stay aerobic.   |
| 11    | Kashmir - Led Zeppelin                  | 8:28 | Sustained Hill      | Ride right at the edge the whole time 75 RPM.  |
| 12    | I'm a Man                               | 2:56 | Downhill            | Hold sprint - Commit to RPM and stay throughout - let build to chorus and then maintain - what is your output compared to the other one? What is left in the tank and can you empty it fully?  |
| 13    | We are the Champions - Queen            | 3:00 | Cool Down           | If you could read my mind - Rose Cousins 4:24 extra stretch.   |