



Phone: (403) 651-3569
 Web: www.suzetteobyrne.com
 E-mail: suzette@flowtraingandyoga.com

Keiser Cycling: Conquering the Climb Workout

Stage	Music	Intensity	Drill	Time	Focus/Cues
1	Sweet Sorrow (Thrillseekers Mix) - Ferry Corsten	Zone 1 - 3	Warm Up	7:14	Intro to workout - Describe the ride, length, goal of the day. Find flat road and basic hill watts. Focus on pedal technique, balance between L/R leg, posture and how to modify technique.
2	Eminence Front - The Who	Zone 3	Rolling Hills	5:43	Faster cadence, consistent pace with gear shifts every minute.
3	Team - Lorde	Zone 4	Steep Hill	3:13	Let the hill roll underneath you. Feel the strength and the power while fresh legs climb strong.
4	Reflektor - Arcade Fire	Zone 3	Long Hill	7:34	Alternator - Start with longer sitting climb, increase length of standing. No standing longer than 30 seconds. Comfortable challenge as you ease the hill under you.
5	Madness - Muse	Zone 4	Steeper Hill	4:30	Gets steeper - stand but less than 20 seconds.
6	Sadness (Violent U.S. Remix) - Enigma	Zone 5 - 6	Steepest Hill	4:43	Don't let doubt creep in. Legs and lungs burning. If you slow down the only choice is to walk! Strongest hill that can be sustained for 4 minutes and then when laughing starts - 45 sec sprint (last 45 seconds).
7	Nightmare (Sinister Strings Mix) - Brainbug	Zone 3 - 4	Recovery	6:49	Rolling Hills - 2 visualizations of approaching storm. Wind and then hill to escape the storm.
8	Under Pressure (with Queen) - David Bowie	Zone 5 - 6	The Wall	3:57	Absolute max - last sustained hill. What are you capable of when the legs are tired. Can you match stage 3?
9	Hurts So Good - John Mellencamp	Zone 4	Hill Sprints	3:39	30 seconds seated, 15 seconds standing spring, 30 seconds recovery - repeat.
10	Demons - Imagine Dragons	Zone 6	Hill Interval	2:57	30 second hill and then HAMMER at the top 10 seconds. Recover 30 seconds and repeat.
11	Wonderwall - Ryan Adams	Zone 1 - 3	Cool Down	4:08	Flush/cleanse legs and then stretching off the bike.