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Keiser Cycling: Reaching the Summit Workout

Stage	Music	Intensity	Drill	Time	Focus/Cues
1	Not in Love - Crystal Castles	Zone 1 - 3	Warm Up	3:46	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	You're Not Alone - David Guetta	Zone 3 - 4	Warm Up	3:54	Single Track ride through Canmore to base of climb/ride. Faster cadence, consistent pace.
3	2046 - Saafi Brothers	Zone 4 - 6	Uphill Grind	14:26	Long uphill grind to single track - Stage 1: Attach to tempo & do NOT let go, ease more hill under you comfortable challenge (4.5 min - just to voices). Stage 2: Gets steeper, stand but less than 20 sec (just before 10 min). Stage 3: Steepest part, don't let doubt creep in (1 min to focus). Stage 4: Legs & Lungs burning, Mother Nature doesn't always listen, if you want to slow down - only choice is to walk! Stage 5: Climb in silence to top (20 - 30 sec left).
4	My Body - Young the Giant	Zone 3 - 4	Top of Climb	4:04	Beginning of single track, Spin out recovery 2 min.
5	Please Don't Go - Pink	Zone 4 - 5	Rolling Hills	3:52	Rolling Hills - 15 sec stand, sit 30 seconds, 45 sec downhill.
6	Rolling in the Deep - ADELE	Zone 6	Steep/Surges	3:48	3 minutes at zone 6 - hammer and explode.
7	Sweet Sorrow - Ferry Corsten	Zone 3 - 4	Recovery	7:14	Rolling Hills with plateaus, great views, subtle increases and decreases, big gear and then move quickly, trees to duck around.
8	Human - The Killers	Zone 3 - 5	Hill sprints	8:12	6 x 20 seconds stand, 40 sec seated, 30 sec recovery - final one longer.
9	Secrets - OneRepublic	Zone 6	Steep/Surges	3:45	3 min at zone 6 - hammer and explode - meet or exceed previous watts.
10	Clocks - Coldplay	Zone 1 - 3	Cool Down	5:07	90 sec down / 30 sec mod intensity.
11	Porcelain - Moby	Zone 1 - 3	Cool Down	4:01	Off bike.