

The Ridges

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Introduction

- Discuss the importance of increasing base resistance throughout the class
- Discuss the physiological reasons why a hill based class could be successful for both strength and cardiovascular work
- Explain the basis for the class structure
- Ask the participants to pay special attention to my cueing in encouraging them to work at a constant, difficult pace (RPE ~ 70-80%) for the majority of the duration. RPE = rate of perceived exertion
- Explain the separation between RPE, Tap Test Pace (Number of times one knee comes up) and Resistance
- Explanation of RPE of 100% and Resistance of 10/10
- Stress the need to let participants know they can grab water whenever they need it

Class Plan

5 minute warm up

- Resistance: Find base 5/10
- Heart Rate: Find RPE of 60% (feels like taking a jog)
- Pace: Tap Test - 16

10 minute graduate climb

- Resistance: Begin at 5/10, reaching 8/10 by the end of the climb
- Heart Rate: Building to RPE of 75-80% by 5 minutes and maintaining (feels like running)
- Pace: Tap Test – 16 progressing to 14 at the slowest

1 minute rest at resistance 5.5/10

5 minute speed work

- Resistance: Maintain 7.5/10
- Heart Rate: Keeping RPE between 60-90% (feels like jogging and then sprinting at almost full speed)
- Pace: Tap Test - For each minute, the first 30 seconds at 14 and the second 30 seconds at max 16

1 minute rest at 6/10

15 minute graduate climb

- Resistance: Begin at 6/10, reaching 9/10 by the end of the climb
- Heart Rate: Building to RPE of 75-80% by 5 minutes and maintaining (feels like fast running)
- Pace: Tap Test – Beginning with 16, progressing to 12

1 minute rest at resistance 6.5/10

5 minute speed work

- Resistance: Maintain 8/10
- Heart Rate: Keeping RPE between 70-90% (feels like jogging and then sprinting at almost full speed)
- Pace: Tap Test - For each minute, the first 30 seconds at 13 and the second 30 seconds at max 15

10 minute climb

- Resistance: Begin at 7/10, reaching 10/10 by 7 minutes in and then maintaining
- Heart Rate: Building to RPE of 75-80% by 3 minutes and maintaining (feels like running) with periods of 100% (feels like sprinting) associated with increases in speed towards the end
- Pace: Tap Test - 15 progressing to 10 at the slowest by 7 minutes in. For the last 3 minutes, each minute will begin with 30 seconds of work at a tap test of 10 followed by 30 seconds of speed work trying to get the tap test to 12

1 minute with cool down

Stretch order:

- On Bike: posterior deltoids, triceps, upper back, chest, lateral neck muscles, with front head roll in between, upper body rotation, calf stretch
- Off bike: hamstrings, inner thighs, gluteus muscles, quadriceps femoris, hip flexor muscle unit
- Relaxed upper body bent over position and ending with slow roll up to standing