



Leah's 30-Minute Interval Cycle

This workout will consist of a quick intervals. Each set will be explained on a rate of perceived exertion (RPE) scale of 1-10, with 1 being extremely easy, no resistance, and 10 being almost impossible to move.

Warm-up:

1. Green Light by Lorde
 - a. RPE 3-4
 - b. Try to lock your pedal stroke in with the beat of the music for an extra challenge

Workout:

2. Summertime Sadness (Cedric Gervais Remix) by Lana Del Rey
 - a. Hill interval
 - b. RPE for work: 6, RPE for recovery: 3
 - c. Turn your resistance up and climb for 30 seconds, then recover for 15 seconds. Repeat until the end of the song
3. Sweet But Psycho by Ava Max
 - a. Sprints
 - b. RPE for work sets: 5, RPE for recovery: 3
 - c. Sprint during the chorus of the song, rest during the verses. Make sure to keep your feet under control, but don't be afraid to hustle! For a bonus, add a little bit extra resistance to build some muscular endurance!
4. No Diggity by Blackstreet
 - a. Tabata hill
 - b. RPE for work: 7-8, RPE for recovery: 4-5
 - c. Eight rounds of 20 seconds of work, 10 seconds of rest. For the time remaining in the song after your 8th round, use it as active recovery with RPE of 4.
5. Move Your Body by Sia
 - a. Sprint intervals
 - b. RPE for work sets: 6, RPE for recovery: 3
 - c. Sprint hard for 30 seconds, then recover for 15 seconds. Repeat until the end of the song.
6. Miracle by Chvrches
 - a. Heavy hill
 - b. RPE: 8-9
 - c. This song is only 3 minutes long. Gradually add resistance until you reach the RPE of 8-9, and try to maintain for the rest of the song. Always feel free to take some resistance off if you need to! Keep your feet moving!
7. Dance, Dance by Fall Out Boy
 - a. Final sprint
 - b. RPE: 7-8
 - c. Sprint during the chorus – give this one your all! It's your last big push!

Cooldown:

8. Don't Take the Money by Bleachers
 - a. RPE: 4, then gradually come down to a 2

- b. Stay on your bike for two minutes, keeping your legs moving to ensure that you are able to bring your heart rate down. Take off most of your resistance, and slow your pedaling down. When you've hit your two minutes, carefully dismount and finish with some lower body stretches. Great work!

If you liked this playlist, feel free to follow me on Spotify: Search for Leah Callovini to see all of my favorite Cycle music!