

Profile Name: Interval Loops
Category: IEZ
Description: Repeat a 5-movement loop 4 times with increasing difficulty and active recoveries
Purpose: To work at various heart rates with control and efficiency
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	Profile Cue	Time	Elapse Time	Comments	HR	Cad/ Res	Music
Set 1	WU	0:06	0:06	Prepare your mind: No matter how hard the effort gets as we go, set your mind to adapt and overcome. Feed yourself "easy" thoughts.	65%	80-100 rpm light	Sunchyme
	FR	0:02	0:08	And we're off. Feel the legs as we increase the workload a little bit at a time.	65-70%	80-100 rpm light-med	
	FR	0:02	0:10	Add a gear, drop cadence slightly	70%	80-95 rpm med	Everybody Dance Now Remix
	SC	0:02	0:12	Increase to moderate hill	75%	70-80 rpm med-heavy	
	StC	0:02	0:14	Inc resistance only if room in HR	80%	70-80 rpm med-heavy	
FR	0:02	0:16	Lighten up and prepare to go again.	70%	80-100 rpm light-med	Poye	
Set 2	FR	0:02	0:18	Add gear keep cadence	75%	80-95 rpm med	Fireflies
	FR	0:02	0:20	Add gear, drop cadence, slightly	75%	80-95 rpm med	
	J	0:02	0:22	Find a rhythm: not too fast. Only concern is staying in charge of your HR	75-85%	80-95 rpm med-heavy	Thundersexy
	StC	0:02	0:24	Inc resistance until you find a tough hill, then transfer to HP3. Come through seated if needed.	80-85%	60-80 rpm heavy	
	FR	0:02	0:26	Gently release the hill and settle back down without falling out.	70-75%	80-100 rpm light-med	
Set 3	FR	0:02	0:28	We start again. What can you do differently this time to improve your ride?	75%	80-95 rpm med	Distance
	SC	0:02	0:30	Increase to a moderate hill that is a little steeper than you like.	75%	70-80 rpm med-heavy	
	SC	0:02	0:32	The hill grows, and you grow with it. Starting to feel tough.	75-80%	60-80 rpm heavy	Spirit of Ray
	StC	0:02	0:34	For only two minutes, push to your upper limit.	80-85%	60-80 rpm heavy	
	FR	0:01	0:35	Encourage yourself to keep working when what you really want is a break.	70-75%	80-100 rpm med	
Set 4	FR	0:03	0:38	Last loop, last chance. Get what you came for.	75%	80-100 rpm med	Bleeding Love Remix
	StF	0:03	0:41	Stand and set your sights on the goal.	75-80%	80-100 rpm med-heavy	Maria Maria
	SC	0:03	0:44	Add gear cadence 70-80 rpm	75-80%	70-80 rpm med-heavy	One Thing Leads to Another Remix
	JoH	0:03	0:47	Gear if needed	80-85%	65-75 rpm heavy	
	FR	0:03	0:50	Reduce gear but Increase cadence for final push	75%	85-100 rpm med-heavy	Immigrant Song
	CD	0:07	0:57	Cool Down			One Sa Da Nu

TRACKLIST:

Dario G - Sunchyme (Original Mix)
C&C Music Factory - Everybody Dance Now (Princess Ann Reconstruction Tribal Mix)
Issa Bagayogo - Poye (Tal M. Klein Remix Radio Edit)
Owl City - Fireflies
ToTom - Thundersexy
Karsh Kale - Distance (Banco De Gaia Remix)
Mashuptown - The Spirit of Ray
Leona Lewis - Bleedin' Love (Jason Nevins Extended Mix)
Santana - Maria Maria
The Fixx - One Thing Leads To Another (Rhythm Scholar Remix)
Led Zeppelin - Immigrant Song
U2 - One
The Nymphs - Sa Na Du