

SESSION # 251

THE RIDE BY KEISER RIDE RUSH

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Overview

Ride Rush by Keiser is a signature class format for anyone looking for a 30-minute, challenging and inspiring workout. Rush classes are HIIT (high intensity interval training) focused. In this session, experience the rush of an empowering and energizing class and walk away with different HIIT profiles to implement in your studio classes. With the well-documented post-workout benefits of interval training supporting these workouts, experience how you and your riders can get more done in less time with Ride Rush.

Benefits of HIIT Training

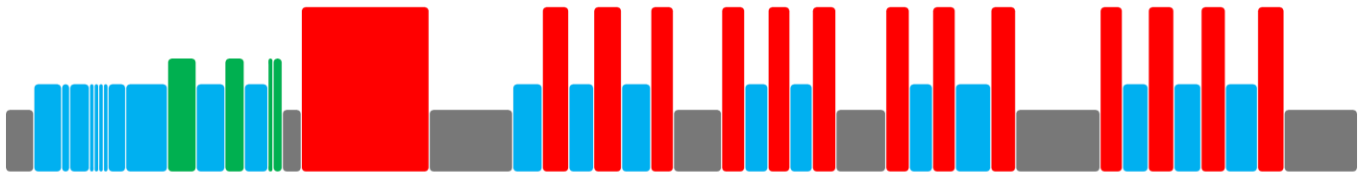
- 1. Increase RMR.
- 2. Improvements in VO2max, Lactate Threshold and Anaerobic Capacity.
- 3. Improvement in athletic performance (of well-trained athletes).
- 4. Improved health benefits in all.
- 5. Provides the benefits of continuous-endurance training but in fewer workouts.

Building the Ride Rush Power Zone Time % of FTP Accumulated % FTP

5 Training Zones – Workout Design

- Zone 1 Grey Active Recovery <55% FTP RPE Very Easy
- Zone 2 Blue Endurance 55-75% FTP RPE Easy
- Zone 3 Green Tempo 76-90% FTP RPE Moderate
- Zone 4 Orange Lactate Threshold 91-105% FTP RPE Hard
- Zone 5 Red VO2 Max + 106-150% FTP RPE Very Hard

Ride Profiles



Work : Rest

- Equal Recovery – equal work to recovery
- Positive Recovery – longer than the work phase
- Negative Recovery – shorter than the work phase

Intensity Drills



### **Tabata's**

**Original Tabata:** 20 seconds of intense work, followed by 10 seconds recovery x 8 sets. Total time: 4 minutes

**Short Modified Tabata:** 10 seconds of intense work, followed by 20 seconds recovery x 8 sets. Total time: 4 minutes.

**Long Modified Tabata:** 40 seconds of intense work, followed by 20 seconds of recovery for 4-6 sets. Total time: 4-6 minutes

### **Short Intervals**

**Short Interval Extreme:** 30 seconds intense work followed by 15 seconds of recovery for 4 sets. Total time: 3 minutes.

**Short Intervals Hard:** 30 seconds of hard work followed by 30 seconds of recovery for 4-6 sets. Total time: 4-6 minutes.

### **Long Intervals**

**Long Intervals:** 60 seconds to 3 minutes of intense work followed by a recovery time equal to work time of 1:1, 1:1½ or 1:2.

**Let's RIDE!**

Thank you!

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