

FAQ'S

CITY ALPS 10-WEEK RIDE STRONG PROGRAM

16 JAN - 24 MARCH 2023

How many RIDE classes are we expected to attend each week?

If you want the best results from this program, then we suggest doing 3 different program-focused classes each week which we will specify and explain in our weekly emails. If you can also add one of the 90-minute endurance RIDE classes then 4 classes would be optimal. If you can only make 2 program-focused classes then that is okay and you might still see power/strength gains at the end of the program especially if you are coming from a low base of fitness but you will have to lower your expectations for your ultimate program results.

How many strength classes are we expected to attend each week?

At the start of every 2 weeks, we will send you a link to two different 20-minute strength classes that you can follow online each week. One will be core focused and one will be full-body strength focused. You will repeat these classes the following week before being sent new classes for the following two weeks. If you have time and want to do the classes more than once a week then go for it, you can only benefit from this! We suggest staying behind after two of your RIDE classes to do your 20-minute sessions on the mat in the studio during an open training session.

I normally attend your strength classes in the studio, can I still come to these?

Yes of course, you can add this to your weekly schedule or replace it for the 20-minute sessions, or even better you can do both!

How will the classes be scheduled and what if I can't make a certain class, will you repeat them?

Each week. we will make sure that the class is repeated on a different day and different time. Worst case scenario, you can always just come to a different class. The most important thing is consistency and trying to get at least 80% of the correct trainings in. If you have to change some up then that is okay.

I am going to be away for some of the program, can I still join?

We will be testing you in the first, fifth and tenth week. If you happen not to be here in those weeks, then we can always set up the test for you the following week in an open training session and you can do the tests in your own time with pre-guidance and explanations from us of course. If you will be missing out on any other week, that is also fine, please just let us know and we will suggest some extra training while you are away like running or extra strength training etc. If you can't train at all while you are away, well, it is what it is but again, you can't expect the best possible results from the program, you will just have to lower your expectations.

Can I join if I am a beginner?

Absolutely. This program really is for everyone. If you are a beginner, you will learn ALOT in ten weeks and might see even bigger gains than those more experienced. We will guide you and make sure you progressively build things up so as to avoid injury or over-training. Always speak to the coaches and let them know where you are at and the guidance you may need. Remember, we train with individualized FTP/power which means you will be training specifically in the relative zones that match your strength and fitness. This is done using the SPIVI app.

Does my name have to be put on the leaderboard?

No, just let the coach know as we will keep a record of everyone's results. Also, there is no need to be nervous of this - you can just see it as a competition with yourself. Some peeps LOVE and THRIVE from group competition and some don't and that's all good!

Will the classes be the usual Endurance, Power, Peak classes?

No. The classes will be called something different for this program. You will have to wait and see :)

If I don't join the program, can I still attend a City Alps class?

Yes you can except for the 2x 90-minute RIDE classes. Also, the program extras, details and guidance will only be shared in weekly emails with those who have joined the program. And the leaderboard will only be for those on the program.

I don't have weights at home for the 20 minute strength videos, can I still follow the class?

Using weights is important especially given that it is only a 20-minute session. If you don't have weights at home, you can come to the studio and use our weights during an open training session, or stay behind after your class to quickly get the workout in. Encourage your City Alps mates to do this with you so that you have a little weekly routine, it will help so much!

I don't cycle, can I still attend the weekend away with you in Limburg 24-26 March to celebrate the City Alps 4-year birthday and the end of the program?

YES please do. You will need to [sign up for this online](#) via our events page. We will be booking accommodation for this very soon. We will create routes for the gravel bikers, road cyclists and even the runners. If you would prefer to just go for your own walk then that is okay too. We will all meet up in the evening for yoga together.

I don't have cycling shoes is that okay?

Yes you can just use your normal running/workout shoes but we always advise on getting cycling shoes as it allows you to be more efficient and powerful in your pedal stroke.

Do we need to weigh ourselves for the testing?

Yes, you will. The results are all based on Watts/KG. That is why we will have a dietitian give us a talk on how to keep our weight down and how best to approach nutrition pre, during and post our City Alps sessions.

How much rest will you be giving us?

We suggest at least one full day of rest and recovery each week (this means doing nothing at all, not even yoga). It is important that you switch your mind and body off completely for this day. On other easier days, you can just do your 20-minute strength session or a 90-minute easy endurance RIDE class or outdoor cycle. The program also builds up progressively over 3-4 weeks, followed by an easier rest week.

Can I just show up next week to the FIRST THURSDAY'S info evening at City Alps or do I need to book somewhere?

Yes you will need to let us know if you are attending - either via Virtuagym in the schedule or you can [RSVP here.](#)