

## **FAQs: CITY ALPS 8-WEEK RIDE STRONG PROGRAM**

**2 APRIL - 27 MAY 2024**

### **How many RIDE classes should I attend each week?**

Aim for 3 specified program-focused ride classes weekly for optimal results. If you can only make 2, that's okay, though reaching your full potential might take a bit longer.

### **How many STRENGTH classes are expected each week?**

We recommend 2 strength sessions: attend one or two group sessions at the studio and/or follow one shorter session at home. Videos focusing on squats, deadlifts, core movements, and single-leg strength will be provided.

### **How will the classes be scheduled, and can I make up missed classes?**

Every week, we ensure that the recommended sessions are available at different times, providing flexibility for you to fit them into your schedule. In case you can't make a specific time, feel free to join a slot that suits you, and the coach can offer guidance with a slight workout variation if necessary. Consistency is key, aiming for at least 80% of the prescribed training, and adjustments are acceptable if needed.

### **What if I'll be away during the program?**

We'll conduct tests in the first and last week. If you miss these, we'll set up a test for you in the following week. If you'll be away for other weeks, let us know, and we'll suggest additional training.

**Is the program suitable for beginners?**

Absolutely. Beginners will learn a lot in 8 weeks, guided to avoid injury or overtraining. Individualized FTP/power training zones using the SPIVI app cater to each participant's strength and fitness level.

**Do I have to appear on the leaderboard?**

No pressure. Inform the coach, and results will be recorded privately. View it as a personal challenge rather than a competition, as everyone has their comfort level.

**Will the classes follow the usual known City Alps Endurance, Power, Peak format?**

No, classes for this program are named SUPER SPRINT, MIGHTY MINUTE, FEARLESS FIVE, and TENDER TWENTY, aligning with the 4DP testing theme. We will let you know each week which of the above sessions to make it to. Over the 8 weeks, these sessions will be repeated but with a slight adjustment to the intensity and number of intervals.

**What if I don't have cycling shoes or pants?**

While normal shoes and tights are acceptable, cycling shoes and padded pants are recommended for comfort and efficiency in your pedal stroke.

**Do we need to weigh ourselves for testing?**

Yes, results are based on Watts/KG.

**How much rest is recommended?**

We suggest 2 days of full recovery each week, avoiding any activity, even yoga, to ensure complete mental and physical relaxation.