



Consult with your doctor before beginning this or any exercise routine. The creators, producers, participants, and distributors of this program do not assume liability for injury or loss in connection with this exercise program.

Rate of Perceived Exertion (RPE) Scale:

Use this guide to determine the level of exertion to workout to. If you are using a heart rate (HR) monitor personalize this form by recording the ranges of your beats per minute (BPM) in the space provided.

level 1 – easy	level 2 - comfy	level 3 - challenging	level 4 - hard	level 5 – can't continue
HR Range: 50 - 65%	HR Range: 65 - 75%	HR Range: 75 – 85%	HR Range: 85 - 90%	HR Range: 90% +
BPM	BPM	BPM	BPM	BPM

theworkout: Climbing up and over one big hill to reach the blue skies above. The run time is 1:01:01 minutes

RPE level	elapsed time	sound	what to do
1	00:00	Damon Hatcher - Synopsis	Starting off easy – nice flat road ... move your body.
2	06:55	Beat On Board - Twelve	Pick up the intensity a bit ...still warming it up.
2/3	11:18	Peplab I'm on the Wrong Medicine	Here we go starting the big climb, use the time at it's base to settle into the slower pace and increased intensity.
3	14:25	Underwhelmed - Angel	Now that you've settled the body into taking on this challenge tell the hill you're here with a faster pace, and don't forget to breathe!
2/3	17:48	PromiseLab - Burned Again	You can feel this hill leveling off ever so slightly, so slow the pace and drop the intensity so you're burning your fuel in the aerobic zone.
2	20:50	The Pains of Being Pure at Heart - Higher Than the Stars	Nothing like a surprise in hitting a short plateau, use your time here to bring your intensity down another notch and listen to how your body is feeling to plan how to make the final assault to the top.
3	24:27	Track A Tiger - Don't Let The Nightlight Dance	As you launch yourself to the top make sure you don't run out of gas.
	26:39	Feeling Groovies Mystic Ollie	Looking at that fuel gauge you can answer the need for speed and pick the pace up just a little.
4	31:30	MC Jack in the Box - Lies	Seems the hill has decided to challenge you with a steeper grade, but all you think of is what a perfect opportunity to show how well you can control your body.
3	34:35	Loveshadow - Things R Gonna Change	Hmm seems you impressed this hill as it steps the grade down in the face of your power and strength so lower the intensity to prepare for the big finish.
3 - 4	38:14	North End - Kind of Life	The hill now starts to rise up on both sides trying to intimidate you with it's looming presence, but all you see are those sides forming a 'V' for victory with the blue skies heralding the end of the climb at its base.
2	49:27	Mastercris - Rain	Ease off ... Start cooling down.
1	54:09	Dive Index Water In Our Hands	Stretch those tired muscles.