

“Downhill”
(Stationary bike)

WARM UP

5 min steady state

MAIN SET

6 x 30 sec high intensity efforts (30sec rest between efforts)

1 min rest

8 x 30 sec high intensity efforts (30sec rest between efforts)

1 min rest

10 x 30 sec high intensity efforts (30sec rest between efforts)

2 min rest

8 x 30 sec high intensity efforts (30sec rest between efforts)

1 min rest

6 x 30 sec high intensity efforts (30sec rest between efforts)

1 min rest

WARM DOWN

5 min steady state

Flexibility – Hip Complex, Hamstrings, Lower back, Calves