

**“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