

BIKE RIDES (continued)

Bike Program # 3 VO2 ride

HR	TIME	RPM
50%/110-115	60 sec.	90-100
55%/115-120	60 sec.	90-100
60%/120-125	60 sec.	90-100
65%/125-130	60 sec.	90-100
70%/135-140	60 sec.	90-100
75%/145-150	60 sec.	90-100
80%/155-160	60 sec.	90-100
85%/165-170	60 sec.	90-100
90%/175-180	60 sec.	90-100
95%/185-190	60 sec.	90-100
100% / 195	60 sec.	90-100
failure		
65%/125-130	10min.	90-100

Bike Program # 4
(optional ride for #2)

HR	TIME	RPM
65%/125-130	2 MIN.	90-100
70%/135-140	2 MIN.	90-100
65%/125-130	2 MIN.	90-100
80%/155-160	2 MIN.	90-100
70%/135-140	2 MIN.	90-100
80%/155-160	2 MIN.	90-100
70%/135-140	2 MIN.	90-100
80%/155-160	2 MIN.	90-100
65%/125-130	2 MIN.	90-100
80%/155-160	2 MIN.	90-100
65%/125-130	2 MIN.	90-100
60%/120-125	5 MIN.	90-100

Total: 27 mins

Do this 1 SET from 75 watts – 400 watts or failure
Remember everyone has different leg strength so try to keep improving on your maximum watts everytime you do this ride.
Then spin for 15-20 min. at 100 – 150 watts, 100 rpm.

Bike Program # 5
(optional ride for # 1)

HR	TIME	RPM
65%/125-130	3 MIN.	90
80%/155-160	1 MIN.	90
65%/125-130	1 MIN.	90
80%/155-160	1 MIN.	90
65%/125-130	1 MIN.	90
85%/165-170	1 MIN.	90
65%/125-130	1 MIN.	90
85%/165-170	1 MIN.	90
65%/125-130	1 MIN.	90
90%/175-180	1 MIN.	90
65%/125-130	1 MIN.	90
90%/175-180	1 MIN.	90
65%/125-130	1 MIN.	90
85%/165-170	1 MIN.	90
65%/125-130	1 MIN.	90
85%/165-170	1 MIN.	90
65%/125-130	1 MIN.	90
80%/155-160	1 MIN.	90
60%/120-125	5 MIN.	90

Total: 25 mins

Bike Program # 6
(optional ride for # 2)

HR	TIME	RPM
60%/120-125	3 MIN.	90
70%/135-140	3 MIN.	90
65%/125-130	1 MIN.	90
80%/155-160	1 MIN.	90
60%/120-125	2 MIN.	90
70%/135-140	2 MIN.	90
65%/125-130	4 MIN.	90
80%/155-160	4 MIN.	90
70%/135-140	1 MIN.	90
65%/125-130	3 MIN.	90

Total: 24 min