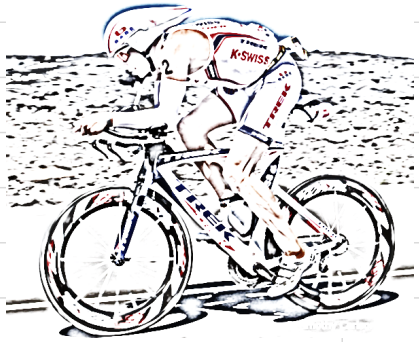
BIKE // BURSTS

WORKOUT SETS

WARM UP	TIME (Min)	EFFORT
Easy Warm Up Spin	5	Z1 - Z2
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH	5	per side

MAIN SET	REPS	EFFORT
SET 1		
1 set = 12 minutes // ride at Z3 @ 85+ RPM and every 2 minutes ALL OUT	3	Z3/Z5
for 20 seconds // after 12 minutes is up, ride 5 minutes easy recovery		



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COOL DOWN	TIME (Min)	EFFORT
Easy Cool Down Spin	5	Z1 - Z2
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	Each Side	