

## BIKE // STRENGTH + SPRINTS

### WORKOUT SETS

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

<u>MAIN SET</u>	<u>REPS</u>	<u>EFFORT</u>
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#### SET 1 // HILL // STRENGTH

1 Min @ Easy Gear // Every minute go up a gear // Repeat for 4 Min  
Stand @ Min 5 // Shift down every min back to easy gear  
Recovery spin for 3 minutes

3 Z3

#### SET 2 // SPRINTS

30 Seconds @ Z4 full effort // 2:00 Recovery

4 Z4



<u>COOL DOWN</u>	<u>TIME (Min)</u>	<u>EFFORT</u>
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	