

Fit Bit Friday 182

The Hard-Charging Bike Interval Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: Begin with a 10 minute warm-up to get your legs warm, then move into the first block – a 4 minute work effort with a 1 minute recovery. As you progress, the work periods will get shorter (but more intense) and the rest will get longer in order to allow you to recover fully. Be sure to go hard in the work phases and earn that recovery! You'll want to increase resistance the most for the climbs, moderately for the surges, and enough to cycle without bouncing in the saddle for the 5 30s sprints.

When you've finished, cool down by cycling easy until your heart rate comes back down to normal.

Time (Total: 35 mins)	What to Do	RPE (Effort level /10)
0:00-10:00	Warm-up: Easy cycling around 95rpm	4
10:00-14:00	Increase resistance, moderate climb effort for 4 minute	7
14:00-15:00	Decrease resistance, easier recovery effort for 1 minute	5
15:00-18:00	Increase resistance, harder climb effort for 3 minutes	7.5
18:00-20:00	Decrease resistance, easier recovery effort for 2 minutes	5
20:00-22:00	Increase resistance, hard surging effort for 2 minutes	8
22:00-25:00	Decrease resistance, easier recovery effort for 3 minutes	5
25:00-26:00	Increase resistance, intense surge effort for 1 minute	9
26:00-25:00	Decrease resistance, easier recovery effort for 4 minutes	5
25:00-30:00	5x: 30s all-out sprint followed by 30s super easy recovery	Alternate 9.5 with easy as possible
30:00-35:00	Cool down - Easy cycling until heart rate returns to normal	4
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