

Fit Bit Friday 124

The Rise and Ride 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: This routine will only take 30 minutes but I'm gonna make you work hard for most of them! Hop on an upright stationary bike or spin bike and increase the resistance each minute for 5 mins to warm up. You'll alternate 30s as fast as you can with 30s recovery, 10 times. After doing another 5 minute gradual hill, you'll do another set of intervals, on this time it'll be 10 rounds of 20s sprinting, 10s rest. End with an easy hill, then hop off and stretch.

Time	What to Do	RPE	Sample Resistance
0:00-5:00	Climb up a gradual hill, increasing resistance every minute.	4 to 7	8 to 18
5:00-15:00	Alternate sprinting for 30s and recovering for 30s, all at the same resistance. Do 10 repeats for a total of 10 mins.	9.5 to 7	11
15:00-20:00	Climb up a gradual hill, increasing resistance every minute.	5 to 7	8 to 18
20:00-25:00	Alternate sprinting for 20s and recovering for 10s. Do 10 repeats for a total of 5 mins.	9.5 to 7	11
25:00-30:00	Crank resistance up as high as you can handle. Decrease it every minute for 5 minutes until you reach what feels like a flat road.	9 to 6	18 to 8
30:00-35:00	Cool down for 5 mins on flat.	6 to 4	8
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