**Cycling Workouts**

Easy Days:

 30-45 Minutes: 80-85% of HR (Approximately 190-200)= 160-170

Workout Days:

\*Getting pulse rate up will likely take adding resistance to pedaling\*

\*On period is at 90-95% HR (180-190)

 Workout 1: 46 Minutes

 5 Min W/U

 6x2min on/1 min off

 4x1 min on/1 min off

 5 min C/D

 Off Period is at easy tension but still 180 per min

 Workout 2: 50 Minutes

 5 min w/u:

 4 x 5 min on/ 3-4 min off (Similar to mile intervals)

 5 min C/D

 Workout 3: Beginner HIIT

 5 Min w/u

 3 x 20 sec on/2 Min off

 (ON is totally all out, I mean all out)

 5 Min c/d

 Workout: 20/10

 5 min w/u

 20 sec on/10 sec off x 6-8 (6 in the beginning)

 On should be at Max effort

 5-10 min c/d

 Workout: 30/90 HIIT

 5 min w/u

 8 x 30 sec on/90 sec off (On should be hard)

 5 Min c/d

 Workout: 20/40 HIIT

 5 min w/u

 10 x20sec on/40sec off

 5 min c/d

 Workout: 5/3 (Similar to Mile reps)

 5 Min W/U

 5 Min on/ 3 Off x 3-5

 5 Min Recovery

These workouts can be completed 2 -3 times a week.

They improve aerobic and anaerobic capacity.