**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.