

Cross trainer

15mins

1-3mins moderate resistance

4-5 2 levels higher

6-7 2levels higher

8-9 2levels higher

10 max

11-12 drop by 1 level increase cadence

13-14 drop by 1 level increase cadence

15 drop by 1 level max

30mins turbo

5mins HRZ3

every 2minutes increase gear by 1 for 20mins

5mins moderate resistance max effort

25mins run

HRZ6 30secs / 1min HRZ3 x

HRZ5 1min / 45secs HRZ3 x 3