

Cardio 6 (You choose between Run or Bike workout)

Movements: Run/Walk or Bike/Stationary Bike

WARM UP (Treadmill/Outdoor Jog or Bike/Stationary Bike)

-Treadmill/Outdoor Jog: 10 minute light jog or walk. You should keep your heart rate between 60-70%. After your warm up do the following mobility exercises to help open your hips and warm up you muscles and tendons.

Or

-Bike/Stationary Bike: Easy pedal pace and resistance. Simply try to elevate your heart rate to 70% and get your muscles and tendons warm before your cycling workout. After the warm up do the following mobility exercises.

MOBILITY

-Right to Right/Left to Left: In a plank, take your right foot towards your right hand, then alternate left foot towards left hand. Try to get your toes as close to, or in front of your finger: 10 reps on each side.

-Right to Right Hold: In a plank, take your right foot towards your right hand and HOLD it. From there, concentrate on your left hip flexor, and slowly raise your hips up and down: 15 reps.

-Left to Left Hold: In a plank, take your left foot towards your left hand and HOLD it. From there, concentrate on your right hip flexor, and slowly raise your hips up and down: 15 reps.

RUN WORKOUT

10% hill for 30 seconds HR 75-85%

Recover 2 minutes HR 55-65%

8% hill for 1 minute HR 80-90%

Recover 2 minutes HR 55-65%

6% hill for 90 seconds HR 80-90%

Recover for 2 minutes HR 55-65%

4% hill for 2 minutes HR 75-85%

Recover for 4 minutes HR 55-65%

Then work back up on incline

4% HR 75-85%

6% HR 80-90%

8% HR 80-90%

10% HR 80-95%

Finisher is:

1% incline for .1 HR 75-85%

2% incline for .1 HR 75-85%

3% for .1 HR 80-90%

4% for .1 HR 80-90%

5% for .1 HR 85-95%

Break for 1 minute HR 60-70%

5% for .1 HR 85-95%

4% for .1 HR 80-90%

3% for .1 HR 80-90%

2% for .1 HR 75-85%

1% for .1 HR 75-85%

CYCLING WORKOUT

-Heaviest resistance (100%) you can handle BIG HILL for 30 seconds. HR 80-90%

Recover 2 minutes. HR 55-65%

-A little lighter resistance(80%) hill for 1 minute. HR 80-90%

Recover 2 minutes. HR 55-65%

-60% resistance hill for 90 seconds. HR 75-85%

Recover for 2 minutes. HR 55-65%

4% resistance hill for 2 minutes. HR 75-85%

Recover for 4 minutes. HR 50-60%

Then work back up on incline

40% HR 75-85%

60% HR 75-85%

80% HR 80-90%

100% HR 80-90%

Finisher is:

10% resistance incline for 1:00. HR 80-90%

40% incline for 1:00. HR 70-80%

60% for 1:00. HR 75-85%

80% for 1:00. HR 80-90%

100% for 1:00 HR 85-95%

Break for 1 minute HR 60-70%

100% for 1:00. HR 85-95%

80% for 1:00. HR 80-90%

60% for 1:00. HR 75-85%

40% for 1:00. HR 75-85%

10% for 1:00. HR 70-80%

5:00 cool down ride. HR 60-70%

GREAT JOB