

# Bike Workout #1

In this bike workout, you'll alternate between an all out effort with high resistance for 20 seconds and 65 RPM with a medium resistance for 10 seconds.

Feel free to adjust the speeds and resistance level throughout the workout to accommodate your ability and comfort level

| Phase     | Speed                                   | Resistance | Time        |
|-----------|---|------------|-------------|
| Warm up   | Comfortable pace                        | 3          | 2-5 minutes |
| 1         | All Out                                 | 10         | 20 seconds  |
| 2         | 65 RPM                                  | 5          | 10 seconds  |
| 3         | All Out                                 | 10         | 20 seconds  |
| 4         | 65 RPM                                  | 5          | 10 seconds  |
| 5         | All Out                                 | 10         | 20 seconds  |
| 6         | 65 RPM                                  | 5          | 10 seconds  |
| 7         | All Out                                 | 10         | 20 seconds  |
| 8         | 65 RPM                                  | 5          | 10 seconds  |
| 9         | All Out                                 | 10         | 20 seconds  |
| 10        | 65 RPM                                  | 5          | 10 seconds  |
| 11        | All Out                                 | 10         | 20 seconds  |
| 12        | 65 RPM                                  | 5          | 10 seconds  |
| 13        | All Out                                 | 10         | 20 seconds  |
| 14        | 65 RPM                                  | 5          | 10 seconds  |
| 15        | All Out                                 | 10         | 20 seconds  |
| 16        | 65 RPM                                  | 5          | 10 seconds  |
| 17        | 75 RPM                                  | 3          | 2 minutes   |
| 18        | Repeat phases 1-17 once more if desired |            |             |
| Cool down | Comfortable pace                        | 3          | 2-5 minutes |