

## Bike and Incorporated Gym Work Out

The following is a series of bike & gym workout sessions designed to improve strength and endurance on the bike while strengthening your core stability. Most of these sessions are ideally completed with an indoor bike trainer. These are high intensity sessions, for people starting out it is recommended that you take it easy for a few weeks or months and build up to the hard and maximal efforts.

Intensity Levels	Perceived Effort Levels
Easy	50-65%
Moderate	65-75%
Solid	75-85%
Hard	85-92%
Very Hard	92-100%
Maximal Effort (ME)	100%

## Terminology

**RPM** – Revolutions per minute, this is also referred to as your a cadence

**MHR** – Maximum Heart Rate

## Technique

Click on the follow for a short video on how to perform the exercises correctly



[Squats](#)



[Lunges](#)



[Step Ups](#)

## Session One

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete the following sequence three times through: 5 minutes solid in a big gear with a low cadence (72-78RPM) then 1 minute easy then 3 minutes hard then 1 minute easy then 1 min ME then jump straight off the bike and do 20 squats, 20 step ups, 20 lunges then get back on the bike and go easy for 5-10 minutes before starting the subsequent set.

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Two**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete the following sequence three times through: 6 minutes solid in a big gear with a low cadence (72-78RPM) then 30 seconds easy then 1 minute single leg (right leg) then 1 minute left leg then jump straight off the bike and do 20 squats, 20 step ups, 20 lunges then get back on the bike and go easy for 5-10 minutes before starting the subsequent set.

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Three**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete the following sequence three times through: 3 minutes solid in a big gear with a low cadence (72-78RPM) then 30 seconds easy then 2 minutes hard then 30 seconds easy then 1 minute hard. Get straight off the bike and do 20 squats, 20 step ups, 20 lunges then get back on the bike and go easy for 5-10 minutes before starting the subsequent set.

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Four**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete 3 x (3 minutes solid followed by 1 minute easy). Get straight off the bike and do 20 squats, 20 step ups, 20 lunges then get back on the bike and go easy for 5 minutes then do 3 x (2 minutes hard followed by 1 minute easy). Get straight off the bike and do 20 squats, 20 step ups, 20 lunges then get back on the bike and go easy for 5 minutes then do 3 x (1 minute hard followed by 1 minute easy).

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Five**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete the following sequence three times through: 4 minutes solid in a big gear with a low cadence (72-78RPM) then 30 seconds easy then 2 minutes hard (normal 85 cadence) then 30 seconds easy then 1 minute hard (normal 85 cadence). Get straight off the bike and do 20 squats, 20 step ups, 20 lunges then get back on the bike and go easy for 5-10 minutes before starting the subsequent set.

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Six**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete the following sequence three times through: 8 minutes solid in a big gear with a low cadence (72-78RPM) then 30 seconds easy then 1 minute single leg (right leg) then 1 minute left leg then jump straight off the bike and do 20 squats, 20 step ups, 20 lunges then get back on the bike and go easy for 5-10 minutes before starting the subsequent set.

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Seven**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete the following sequence twice through: 8 minutes solid then 1 minute easy then 4 minutes hard then 1 minute easy then 2 minutes very hard then 1 minute easy then 1 minute ME, then jump straight off the bike and do 20 squats, 20 step ups, 20 lunges then get back on the bike and go easy for 5 minutes before starting the second set.

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Eight**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete the following sequence three times through: 8 minutes solid in a big gear with a low cadence (72-78RPM) then 90 seconds easy then 4 x (30 seconds hard (normal cadence)/ 30 seconds easy). Then jump straight off the bike and do 20 squats, 20 step ups, 20 lunges then get back on the bike and go easy for 5 minutes before starting the subsequent set.

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Nine**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete the following: 15 minutes moderate then jump straight off the bike and do 20 squats, 20 step ups, 20 lunges. Back on the bike for 3 x (3 minutes hard followed by 2 minutes easy) then do the gym thing again then back on the bike for 3 x (1 minute ME followed by 4 minutes recovery) then hit the floor for the gym routine again.

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Ten**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete the following sequence: 16 minutes moderate then 2 minutes hard then 8 minutes solid then 2 minutes hard then 16 minutes moderate then 2 minutes hard then finish with 4 minutes easy. Get straight off the bike and do 2 x (20 squats, 20 step ups, 20 lunges).

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Eleven**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete 55 minutes continuous doing 15 seconds hard followed by 75 seconds easy for the entire 55 minutes. Get straight off the bike and do 2 x (20 squats, 20 step ups, 20 lunges).

Cool Down: 5 minutes very easy, high cadence, spinning.

## **Session Twelve**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete 10km moderate then do 3-4 x (10km at target race pace, then 1km ME then 4km easy). Get straight off the bike and do 2 x (20 squats, 20 step ups, 20 lunges).

Cool Down: 5 minutes very easy, high cadence, spinning.

### **Session Thirteen**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete 3 x 10km OR 20 minutes, 18 minutes and 16 minutes respectively (i. moderate with high cadence 92-95RPM, ii. Solid with normal cadence, iii. Hard with normal cadence). Have only 2 minutes easy between reps.

Cool Down: Finish with 10-20 minutes high cadence easy spinning. Get straight off the bike and do 2 x (20 squats, 20 step ups, 20 lunges).

### **Session Fourteen**

Warm Up: 5-10km, or 15 minutes, building pace every 3 minutes from easy to very hard, then have a few more minutes of high cadence spinning.

Main Set: Complete 9 x (3 minutes hard, 85-90%MHR, then 2 minutes easy). Do the first 3 reps on, or mimicking, uphill riding, cadence 65-70RPM. Do the middle 3 reps on undulating terrain where your cadence will be a mix of low and high and do the last 3 reps on flat terrain, cadence 82-90RPM.

Cool Down: 5km, or 10 minutes, easy then do 2 x (20 squats, 20 step ups, 20 lunges).

### **Session Fifteen**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete 4 x 8km OR 16 minutes, 16 minutes, 14 minutes and 12 minutes respectively (i. moderate with high cadence 92-95RPM, ii. moderate with normal cadence, iii. solid with normal cadence, iv. hard with normal cadence). Have only 2 minutes easy between reps.

Cool Down: 10-20 minutes high cadence easy spinning. Get straight off the bike and do 2 x (20 squats, 20 step ups, 20 lunges).

### **Recovery Session**

Warm Up: 10 minutes spinning easy at 90RPM.

Main Set: Complete the following sequence three times through: 10 minutes easy then jump straight off the bike and do 20 squats, 20 step ups, 20 lunges.

Cool Down: 5 minutes very easy, high cadence, spinning.