

BIKE WORKOUTS

Use a bike that has pedal straps. **Keep your RPM at 95 (95-100 is okay) for almost all of the workouts (unless otherwise noted). Do not ever let RPM drop below 90.** 95 RPM is our average leg turn over when we run so we want to make sure we match that when we bike.

Position the seat high enough so that when your foot is at the bottom of the stroke, your knee is almost straight. You don't want too much bend in the knee of the extended leg. But you also do not want the seat too high so that you are reaching to get your foot down there.

Bring a water bottle and definitely a hand towel because you will be dripping during these workouts, and I suggest headphones/music because you will have to focus on the bike timer for all of the SPEED workout and some of the TEMPO so you cannot watch TV or chat. LSD workout - you can chat but just keep an eye on your RPM (never below 95).

1) **SPEED - sprint workout – 50 minutes total:** hit "quick start" and do 15 minute warm up on level 4-5 (easy but RPM still at 95); workout is on level 8-12 (whatever level you need to keep RPM high enough) and you do 20 minutes of 8 seconds all out sprint followed by 12 seconds recovery so you do 3 sprints per minute. **You sprint when the timer reads: :00, :20, :40** of each minute. The 8 second all out sprint is very fast - over 120 RPM. The 12 second recovery is easy 85-95 RPM but never below 85 RPM. Once you hit 35:00 total on the bike timer, drop the level to 3-4 for an easy 15 minute cool down but still keep RPM at 95.

2) **TEMPO - 60 minutes total:** hit "quick start" and do 20 minutes warm up on level 4-6 with RPM at 95; workout is 25 minutes of steady cycling which is comfortably hard like a tempo run at level 9-12 but you must keep RPM at 95. The 25 minutes of tempo are harder than the long slow distance workout but definitely not a sprint. Finish with a 15 minute cool down on level 3-5 keeping RPM at 95.

3) **DISTANCE / RANDOM HILLS – 90 minutes:** on the LifeCycle at the gym, select the workout button for "random" and enter 60:00 and level 7-12 (start easy for the first workout then you can increase the level each time you do this one). Hills will come at you at random in this workout and your goal is to keep RPM at 95 throughout. Once your time finishes, it will automatically take you into a 5 minute cool down where you also keep RPM at 95. You will then have to start another workout of 30:00 at level 7-12. The bikes generally only allow 60:00 max per workout.

After each bike workout do shin strengtheners (toe raises & heel raises 20x each toes in, toes out, toes straight ahead), hip strengtheners (clam shells – open knees keeping feet together, open feet keeping knees together, and straight leg raises), plus foam roll and do all regular and any special stretches.