

# COACH ROZY BIKE Conditioning Program



VO <sub>2</sub> - 1	Bike						
<b>Session length:</b>		50 mins					
<b>Warm-up:</b>		5 mins easy					
<b>Main session:</b>		10 x 90 secs @ (160 - 175 bpm)					
		<i>30 secs rest between each set</i>					
		8 x 60 secs @ (160 - 175 bpm)					
		<i>30 secs rest between each set</i>					
		10 x 30 secs @ sprint					
		<i>30 secs rest between each set</i>					
<b>Warm-down:</b>		5 mins easy					

# COACH ROZY BIKE Conditioning Program



V02 - 2	Bike					
<b>Session length:</b>		50 mins				
<b>Warm-up:</b>		5 mins easy				
<b>Main session:</b>		5 x 120 secs @ (160 - 175 bpm)				
		<i>30 secs rest between each set</i>				
		15 x 30 secs @ sprint (160 - 175 bpm)				
		<i>15 secs rest between each set</i>				
		<i>2 mins recovery</i>				
		15 x 30 secs @ sprint				
		<i>15 secs rest between each set</i>				
		<i>2 mins recovery</i>				
		5 mins @ standing				
<b>Warm-down:</b>		5 mins easy				

## COACH ROZY BIKE Conditioning Program



<b>VO<sub>2</sub> - 3</b>	<b>Bike</b>					
<b>Session length:</b>		50 mins				
<b>Warm-up:</b>		5 mins easy				
<b>Main session:</b>		10 x 90 secs @ (160 - 175 bpm)				
		<i>30 secs rest between each set</i>				
		8 x 60 secs @ (160 - 175 bpm)				
		<i>30 secs rest between each set</i>				
		10 x 30 secs @ sprint				
		<i>30 secs rest between each set</i>				
<b>Warm-down:</b>		5 mins easy				

# COACH ROZY BIKE Conditioning Program



<b>APow - 1</b>		<b>Bike</b>			
<b>Session length:</b>			40 mins		
<b>Warm-up:</b>			5 mins easy		
<b>Main session:</b>			1 x 10 sec @ (160 - 175 bpm)		
			10 secs rest		
			2 x 20 secs @ (160 - 175 bpm)		
			20 secs rest between each set		
			3 x 30 secs @ (160 - 175 bpm)		
			30 secs rest between each set		
			4 x 40 secs @ (160 - 175 bpm)		
			40 secs rest between each set		
			5 x 50 secs @ (160 - 175 bpm)		
			50 secs rest between each set		
			6 x 60 secs @ (160 - 175 bpm)		
			60 secs rest between each set		
<b>Warm-down:</b>			5 mins easy		

## COACH ROZY BIKE Conditioning Program



<b>APow - 2</b>	<b>Bike</b>				
<b>Session length:</b>		40 mins			
<b>Warm-up:</b>		5 mins easy			
<b>Main session:</b>		1 x 10 sec @ (160 - 175 bpm)			
		10 secs rest			
		2 x 20 secs @ (160 - 175 bpm)			
		20 secs rest between each set			
		3 x 30 secs @ (160 - 175 bpm)			
		30 secs rest between each set			
		4 x 40 secs @ (160 - 175 bpm)			
		40 secs rest between each set			
		5 x 50 secs @ (160 - 175 bpm)			
		50 secs rest between each set			
		6 x 60 secs @ (160 - 175 bpm)			
		60 secs rest between each set			
<b>Warm-down:</b>		5 mins easy			

# COACH ROZY BIKE Conditioning Program



<b>AnCap - 1</b>		<b>Bike</b>					
<b>Session length:</b>			40 mins				
<b>Warm-up:</b>			5 mins easy				
<b>Main session:</b>			45 secs @ level 5				
			15 secs rest				
			30 secs @ level 5			Repeat x 10	
			15 secs rest				
			15 secs @ level 5				
			90 secs recovery				
<b>Warm-down:</b>			5 mins easy				

# COACH ROZY BIKE Conditioning Program



AnCap - 2	Bike					
<b>Session length:</b>		42 mins				
<b>Warm-up:</b>		5 mins easy				
<b>Main session:</b>		60 secs @ level 5				
		30 secs rest				
		45 secs @ level 5				
		15 secs rest				
		30 secs @ level 5				Repeat x 6
		30 secs rest				
		15 secs @ level 5				
		90 secs recovery				
<b>Warm-down:</b>		5 mins easy				

# COACH ROZY BIKE Conditioning Program



AnPow - 1	Bike					
<b>Session length:</b>		55 mins				
<b>Warm-up:</b>		5 mins easy				
<b>Main session:</b>		180 secs @ level 5 standing				
		60 secs recovery @ level 3				
		120 secs @ level 5 standing				
		30 secs recovery @ level 3				
						Repeat x 5
		90 secs @ level 5 standing				
		30 secs recovery @ level 3				
		30 secs sprint @ level 5				
<b>Warm-down:</b>		5 mins easy				

# COACH ROZY BIKE Conditioning Program



AnPow - 2	Bike						
<b>Session length:</b>		43 mins					
<b>Warm-up:</b>		5 mins easy					
<b>Main session:</b>		60 secs @ level 4 seated					
		60 secs @ level 4 standing					
		30 secs recovery @ level 2					
		60 secs @ level 5 seated				Repeat x 6	
		60 secs @ level 5 standing					
		60 secs recovery @ level 2					
<b>Warm-down:</b>		5 mins easy					

# COACH ROZY BIKE Conditioning Program



AnPow - 3	Bike						
<b>Session length:</b>	31 mins						
<b>Warm-up:</b>	5 mins easy						
<b>Main session:</b>	6 x 45 secs @ level 5 standing						
	15 secs recovery @ between sets						
	60 secs recovery @ level 2						
<b>Warm-down:</b>	5 mins easy						

Repeat x  
3

## COACH ROZY BIKE Conditioning Program



AnPow	Combo					
<b>Session length:</b>		45 mins				
<b>Warm-up:</b>		5 mins easy on ergo of choice				
<b>Main session:</b>		6 x 2mins @ standing <b>BIKE</b>				
		<i>30 secs rest between each set</i>				
		8 x 300m <b>ROW</b> ( $\leq 1:40$ min/500m)				
		<i>60 secs rest between each set</i>				
<b>Warm-down:</b>		5 mins easy recovery on ergo of choice				