

AEROBIC BUILDER BIKE ERG EDITION



Agreement and Release of Liability

In consideration of being allowed to participate in the activities and programs offered by OnlineWOD, subsidiary of Click Statement Inc, and to use its programs and training, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge and hold harmless OnlineWOD, subsidiary of Click Statement Inc and its consultants, officers, agents, and employees from any and all responsibility, liability, cost and expenses, including injuries or damages, resulting from my participation in any activities, or my use of any programs designed by OnlineWOD, subsidiary of Click Statement Inc. I do also hereby release OnlineWOD, subsidiary of Click Statement Inc its consultants, officers, agents and employees from any responsibility or liability for any injury, damage or disorder (physical, metabolic, or otherwise) to myself, or in any way arising out of or connected with my participation in any activities with OnlineWOD. I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment are a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death related to said fitness activities. In addition, I certify that I am 18 years of age or older.

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would affect nutrient metabolism or prevent my participation or use of equipment or machinery except as hereinafter stated. I do hereby acknowledge that OnlineWOD, subsidiary of Click Statement Inc has recommended to me that I obtain a physician's approval for my participation in an exercise/fitness activity or in the use of exercise equipment and machinery. I also acknowledge that OnlineWOD, subsidiary of Click Statement Inc has recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise and use of exercise and training equipment so that I might have his/ her recommendations concerning these fitness activities and equipment use. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity and use of equipment, machinery, and programs designed by OnlineWOD, subsidiary of Click Statement Inc without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities. OnlineWOD diet/training programs are not meant to treat or manage any health condition. Always consult with your healthcare provider prior to adjusting your current style of eating or beginning any new diet and/or training plan. In addition, I hereby represent and warrant that I am currently covered by an accident and health insurance policy. With my purchase of the OnlineWOD Training Programs or any other template purchase, I understand that I am not purchasing individual consultation services, and I neither expect nor presume any requirement on the part of the OnlineWOD, subsidiary of Click Statement Inc staff to answer specific, direct questions about the templates nor their modification procedures. I understand that by purchasing any of OnlineWOD Training Programs I am bound to this entire agreement. I also agree that the templates are not a guaranteed guide to results of any sort and agree not to hold OnlineWOD, subsidiary of Click Statement Inc staff liable for any outcomes or a lack thereof.

Program Design

Overview

Aerobic Builder: Bike Erg was developed to help you build a better aerobic engine to improve your pacing, breathing, and recovery. Most athletes will see significant progress in their 4,000m time trials at the end of this program and most will see a large carry-over to other aspects of their training, especially when it comes to work capacity and recovery.

Testing

Before prescribing any aerobic training, it is important to measure your baseline aerobic capacity. There are multiple ways that a work capacity can be tested. In this program, we prefer 4000m Bike Erg time trial. This test provides an accurate measurement of work capacity along with an ability to compare your score to other athletes in a similar division. We suggest you perform this test a week before starting the program and a few days after completion to evaluate your progress.

Make sure to warm up before the test. Program a single distance of 4000m into your PM5 monitor. Upon completion keep track of your total time, average pace and RPM metrics, as well as your average heart rate.

Pacing Guidelines

The intensity with which we exercise is one of the most important aspects of training and physical fitness. Not only can we utilize exercise intensity to determine if we're working hard enough, but we can also use it to determine if we're not.

There are many ways we can measure this rate of intensity. Common methods include analyzing target heart rate zones, MAP (Maximal Aerobic Power), or various versions of RPE (Relative Perceived Exertion) scales. In our aerobic training programs, we have adapted a modified version of the RPE scale that is the simplest to understand and use consistently. It also requires no additional equipment (ex. heart rate monitor).

For all workouts, you'll notice an estimated percentage number listed for each time, distance, or calorie measurement. These percentages are based on your individual perceived effort at the time of performing that specific workout, ranging from 40%-100% and are intended to dictate your pace, or how you are supposed to feel (ex. 80% effort for 1 minute, repeated 10 rounds with a 1-minute break in between would be a different speed than 80% for 5 minutes, repeated 2 rounds with a 1-minute break in between).

There are a lot of factors that might influence your perceived effort level on any given day, like our workout schedule, recovery, work/life stress, and nutrition. By basing our effort on a "feels like today" metric instead of a specific speed, we can make more meaningful progress in our aerobic development.

The breakdown below illustrates what pace or perceived effort you should maintain depending on the prescribed stimulus for the workout.

Recovery Effort (40%): Pace you can hold indefinitely. Intended for recovery.

Easy Effort (50-65%): Pace you can hold for 1-2 hours. You can carry on a full conversation at this pace without gasping for air between words or sentences.

Moderate Effort (65-75%): Pace you can hold for 30 minutes. You can speak a sentence or two at a time before having to take a gasp of breath.

Hard Effort (75-85%): Pace you can hold for 10 minutes. You might get a word or two out, but breathing is difficult, and talking is challenging.

Very Hard Effort (85-95%): Pace you can hold for 3-5 minutes. Even a single word is nearly impossible to get out.

Maximum Effort (100%): Pace you can hold for a short time, anywhere between 10-30 seconds. You are completely out of breath and unable to talk.

Please note that as you progress through our program, becoming faster, more powerful, and increase your level of aerobic capacity, your perceived effort percentages will change.

For cadence, aim to ride most sessions in the 80-90 RPM range.

Be smart and listen to your body. If you find the suggested pace or cadence too difficult, or too easy, then make adjustments! Since the program is progressive in nature, you should be able to use data from previous sessions to guide you.

Keep track of your performance metrics each session. Record your average paces, distances, times and damper settings, as well as your average heart rate if you have access to a HR monitor.

Don't worry if this seems confusing, the more you progress through this training, the more you'll begin to understand what each effort percentage should feel like.

Suggested Warmups & Cool Downs

For each workout, you should include a proper warm-up and cool-down. Your warm-ups should be specific to the day's training session. For example:

3-5 minutes at 60% effort into:

3 Rounds

1 minute at 80% effort

1 minute at 40% recovery effort

OR

5 minutes building in effort every 30 seconds (ie increase speed every 30 seconds).

Your cool-down, on the other hand, does not have to resemble your workout. 5-to-10-minute easy spin followed by a stretching session should do the trick.

Both warmups and cool downs provide you with a chance to get some extra mileage on the machine. Do not skip them!

Stretching

We recommend doing a 10 to 15 minute stretching routine after each workout.

Visit [this page](#) for more information.

Mixed Modal Workouts

As a bonus, we have included extra mixed modal engine building workout each week. Although very potent in helping you develop your engine, they are not mandatory, and you may simply add them into your training for variety.

FAQ

Please visit [this page](#) for answers to frequently asked questions.

WEEK 1	
Session 1	Athletes Notes
<p>3 Rounds (Part A)</p> <p>Bike 3000m (10 damper) Bike 2000m (8 damper) Bike 1000m (free damper)</p> <p>Rest 4 minutes between rounds.</p> <p>6 Rounds (Part B)</p> <p>Bike 100m at 100% effort (maximum)</p> <p>Rest 2 minutes between rounds.</p>	<p>Maintain 60% easy effort throughout this workout. Rest until full recovery between Part A and B of the session. Feel free to stand up during the sprint portion, in order to generate more power.</p> <p><i>Suggested warm up:</i></p> <p><i>Bike 5 minutes increasing in effort, from 60% easy pace to 80% hard pace.</i></p> <p><i>Suggested cool down:</i></p> <p><i>Bike 5 minutes at 40% effort (recovery)</i></p>
Session 2	
<p>4 Rounds</p> <p>Bike 1000m at 80% effort (hard) Bike 3000m at 60% effort (easy)</p> <p>Rest 2 minutes between rounds.</p>	<p>Keep a consistent pace throughout the 1000m interval. Fight the urge to slow down towards the end, before beginning your 3000m interval.</p> <p><i>Suggested warm up:</i></p> <p><i>Bike 3 minutes at 60% effort (easy), followed by:</i></p> <p><i>3 Rounds</i> <i>Bike 30 seconds at 80% effort (hard)</i> <i>Bike 30 seconds at 60% effort (easy)</i></p> <p><i>Suggested cool down:</i></p> <p><i>Stretching and mobility work.</i></p>
Session 3	
<p>8 Rounds</p> <p>Bike 1000m</p> <p>Rest 1:30 between rounds.</p>	<p>Start with 60% easy effort and every round, aiming for negative split times.</p> <p><i>Round 1: 2 minutes</i> <i>Round 2: 1 minute 50 seconds</i> <i>Rounds 3: 1 minute 40 seconds</i> <i>Etc.</i></p> <p><i>Suggested warm up:</i></p> <p><i>Bike 5 minutes at 60% effort (easy)</i></p> <p><i>Suggested cool down:</i></p> <p><i>Bike 5 minutes at 40% effort (recovery)</i></p>

WEEK 1	
Session 4	Athletes Notes
4 Rounds Bike 3 min at 80% effort (hard) Bike 3 min at 60% effort (easy)	No rest between rounds or intervals. <i>Suggested warm up:</i> <i>Bike 2 minutes at 60% effort (easy), followed by:</i> <i>2 Rounds</i> <i>Bike 30 seconds at 80% effort (hard)</i> <i>Bike 30 seconds at 60% effort (easy)</i> <i>Suggested cool down:</i> <i>Stretching and mobility work.</i>
Session 5	
3 Rounds Bike 1000m at 70% effort (moderate) Bike 750m at 80% effort (hard) Bike 500m at 90% effort (very hard)	Rest 5 minutes between rounds. <i>Suggested warm up:</i> <i>Bike 500m at 60% effort (easy)</i> <i>Bike 500m at 70% effort (moderate)</i> <i>Bike 500m at 60% effort (easy)</i> <i>Bike 500m at 80% effort (hard)</i> <i>Bike 500m at 60% effort (easy)</i> <i>Bike 500m at 90% effort (very hard)</i> <i>Suggested cool down:</i> <i>Bike 5 minutes at 40% effort (recovery)</i>
Mixed Modal Workout	
For Time Bike 500m 25 Air Squats Bike 1000m 50 Air Squats Bike 2000m 75 Air Squats Bike 3000m 100 Air Squats Bike 4000m	<i>Suggested warm up:</i> <i>Bike 5 minutes at 60% effort (easy)</i> <i>Every minute, get off the bike and perform 5 air squats.</i> <i>Suggested cool down:</i> <i>Stretching and mobility work.</i>

WEEK 2

Session 1

4 Rounds (Part A)

Bike 500m at 80% effort (hard)
Bike 250m at 40% effort (recovery)

8 Rounds (Part B)

Bike 100m at 100% effort (maximum)
Bike 100m at 40% effort (recovery)

Athletes Notes

No rest between rounds or intervals. Rest until fully recovered between Part A and B.

Suggested warm up:

Bike 5 minutes at 60% effort (easy)

Suggested cool down:

Bike 10 minutes at 40% effort (recovery)

Session 2

4 Rounds

Bike 3 minutes at 60% effort (easy)
Bike 3 minutes at 70% effort (moderate)
Bike 3 minutes at 80% effort (hard)

Rest 3 minutes between rounds.

Suggested warm up:

2 Rounds

Bike 30 seconds at 40% effort (recovery)

Bike 30 seconds at 60% effort (easy)

Bike 30 seconds at 70% effort (moderate)

Bike 30 seconds at 80% effort (hard)

Suggested cool down:

Bike 5 minutes at 40% effort (recovery)

Session 3

6 Rounds

Bike 1500m

Rest 2:00 between rounds.

Start with 60% easy effort and every round, aiming for negative split times.

Round 1: 2 minutes

Round 2: 1 minute 50 seconds

Rounds 3: 1 minute 40 seconds

Etc.

Suggested warm up:

Bike 5 minutes at 60% effort (easy)

Suggested cool down:

Bike 5 minutes at 40% effort (recovery)

WEEK 2	
Session 4	Athletes Notes
<p>Bike 25 minutes at 60% effort (easy)</p>	<p>Continuous ride. Maintain 80-90 cadence (RPM).</p> <p>During longer continuous rides such as this one, do not be afraid to adjust the damper up or down to change your pace/speed. Use it like you would gears on a bike.</p>
Session 5	
<p>3 Rounds</p> <p>Bike 1500m at 70% effort (moderate)</p> <p>Rest 2 minutes</p> <p>Bike 1000m at 80% effort (hard)</p> <p>Rest 2 minutes</p> <p>Bike 500m at 90% effort (very hard)</p>	<p>Rest 5 minutes between rounds.</p>
Mixed Modal Workout	
<p>EMOM 24</p> <p>Odd: 12-18 Calories</p> <p>Even: 12-18 Burpees</p>	<p>Pick a challenging number of reps you can maintain for the duration of each minute.</p>

WEEK 3	
Session 1	Athletes Notes
3 Rounds Bike 500m at 70% effort (moderate) Rest 90 seconds Bike 500m at 80% effort (hard) Rest 90 seconds Bike 500m at 100% effort (maximum)	Rest 3 minutes between rounds.
Session 2	
4 Rounds Rest 2000m at 70% effort (moderate) Rest 2 minutes Bike 1000m at 80% effort (hard) Rest 4 minutes between rounds.	
Session 3	
8 Rounds Bike 1000m Rest 1:00 between rounds.	Start with 60% easy effort and every round, aiming for negative split times. <i>Round 1: 2 minutes</i> <i>Round 2: 1 minute 50 seconds</i> <i>Rounds 3: 1 minute 40 seconds</i> <i>Etc.</i>

WEEK 3	
Session 4	Athletes Notes
Bike 10,000m at 60% effort (easy)	Continuous ride. Maintain 80-90 cadence (RPM).
Session 5	
2 Rounds Bike 3000m at 60% effort (easy) Rest 2 minutes Bike 2000m at 70% effort (moderate) Rest 90 seconds Bike 1250m at 80% effort (hard) Rest 1 minute Bike 750m at 90% effort (very hard)	Rest 4 minutes between rounds.
Mixed Modal Workout	
For Time 27-21-15-9 Calories Strict handstand push-ups	Scale strict handstand push-ups to the kipping variation or to regular push-ups if needed.

WEEK 4

Session 1

5 Rounds

Bike 2 minutes at 60% effort (easy)
 Bike 45 seconds at 80% effort (hard)
 Bike 2 minutes at 60% effort (easy)
 Bike 15 seconds at 100% effort (maximum)
 Bike 3 minutes at 40% effort (recovery)

Athletes Notes

No rest between rounds.

Session 2

4 Rounds

Bike 4 minutes at 80% effort (hard)
 Bike 3 minutes at 60% effort (easy)

No rest between rounds.

Session 3

6 Rounds

Bike 1500m

Rest 1:30 between rounds.

Start with 60% easy effort and every round, aiming for negative split times.

*Round 1: 2 minutes
 Round 2: 1 minute 50 seconds
 Rounds 3: 1 minute 40 seconds
 Etc.*

WEEK 4

Session 4

3 rounds

Bike 9 minutes at 70% effort (moderate)
Bike 1 minute at 40% effort (recovery)

Athletes Notes

No rest between rounds or intervals.

Session 5

3 Rounds

Bike 1250m at 70% effort (moderate)
Bike 1000m at 80% effort (hard)
Bike 750m at 90% effort (very hard)

Rest 5 minutes between rounds.

Mixed Modal Workout

EMOM 10

10/8 calories + 8-10 burpees

Pick a challenging number of reps you can maintain for the duration of each minute. Both calories on the bike and burpees need to be done in the same minute. Make sure you have at least 10 seconds of rest each minute. If not, scale down your reps/calories.

WEEK 5	
Session 1	Athletes Notes
<p>4 Rounds (Part A)</p> <p>Bike 3000m (10 damper) Bike 2000m (8 damper) Bike 1000m (free damper)</p> <p>Rest 4 minutes between rounds.</p> <p>6 Rounds (Part B)</p> <p>Bike 100m at 100% effort (maximum)</p> <p>Rest 1 minute between rounds.</p>	<p>Maintain 60% easy effort throughout this workout. This is one extra round from week 1 progression.</p> <p>Rest until full recovery between Part A and B of the session.</p> <p>Repeat sessions are a great way to see your progress during the training cycle. You should either target the same average pace or attempt to go slightly faster than last time on each interval/round.</p>
Session 2	
<p>5 Rounds</p> <p>Bike 1000m at 80% effort (hard) Bike 500m at 40% effort (recovery) Bike 500m at 90% effort (very hard)</p>	<p>Rest 2 minutes between rounds.</p>
Session 3	
<p>10 Rounds</p> <p>Bike 1000m</p> <p>Rest 1:30 between rounds.</p>	<p>Start with 60% easy effort and every round, aiming for negative split times.</p> <p><i>Round 1: 2 minutes Round 2: 1 minute 50 seconds Rounds 3: 1 minute 40 seconds Etc.</i></p>

WEEK 5	
Session 4	Athletes Notes
Bike 30 minutes at 60% effort (easy)	Continuous ride. Maintain 80-90 cadence (RPM).
Session 5	
3 Rounds Bike 1000m at 70% effort (moderate) Rest 1 minute Bike 1000m at 80% effort (hard) Rest 1 minute Bike 1000m at 70% effort (moderate)	Rest 3 minutes between rounds.
Mixed Modal Workout	
10 Rounds Every 2 minutes: 15/12 calories 5 burpees 10 push-ups 15 air squats	Pick a challenging number of reps you can maintain for the duration of each 2-minute interval. You should have at least 20 seconds of rest remaining each interval. If not, scale down your reps.

WEEK 6	
Session 1	Athletes Notes
<p>5 Rounds (Part A)</p> <p>Bike 500m at 80% effort (hard) Bike 250m at 40% effort (recovery)</p> <p>10 Rounds (Part B)</p> <p>Bike 100m at 100% effort (maximum) Bike 100m at 40% effort (recovery)</p>	<p>No rest between rounds or intervals. Rest until fully recovered between Part A and B.</p>
Session 2	
<p>Bike 7 minutes at 60% effort (easy) Bike 5 minutes at 70% effort (moderate)</p> <p>Rest 3 minutes</p> <p>Bike 5 minutes at 60% effort (easy) Bike 3 minutes at 80% effort (hard)</p> <p>Rest 3 minutes</p> <p>Bike 3 minutes at 60% effort (easy) Bike 1 minutes at 90% effort (very hard)</p>	
Session 3	
<p>8 Rounds</p> <p>Bike 1500m</p> <p>Rest 2:00 between rounds.</p>	<p>Start with 60% easy effort and every round, aiming for negative split times.</p> <p><i>Round 1: 2 minutes</i> <i>Round 2: 1 minute 50 seconds</i> <i>Rounds 3: 1 minute 40 seconds</i> <i>Etc.</i></p>

WEEK 6	
Session 4	Athletes Notes
Bike 15,000m at 60% effort (easy)	Continuous ride. Maintain 80-90 cadence (RPM).
Session 5	
3 Rounds Bike 1000m at 80% effort (hard) Rest 1 minute Bike 1000m at 80% effort (hard) Rest 1 minute Bike 1000m at 80% effort (hard)	Rest 4 minutes between rounds.
Mixed Modal Workout	
7 Rounds Every 2 minutes: 20/15 calories AMRAP (As many reps as possible) burpees in remaining time Rest 1 minute between rounds.	Scale up burpees to the bar facing variation if needed.

WEEK 7

Session 1

4 Rounds

Bike 500m at 70% effort (moderate)

Rest 90 seconds

Bike 500m at 80% effort (hard)

Rest 90 seconds

Bike 500m at 100% effort (maximum)

Athletes Notes

Rest 3 minutes between rounds.

Session 2

5 Rounds

Bike 750m at 80% effort (hard)

Bike 2000m at 60% effort (easy)

Rest 1 minute between rounds.

Session 3

10 Rounds

Bike 1000m

Rest 1:00 between rounds.

Start with 60% easy effort and every round, aiming for negative split times.

Round 1: 2 minutes

Round 2: 1 minute 50 seconds

Rounds 3: 1 minute 40 seconds

Etc.

WEEK 7	
Session 4	Athletes Notes
3 Rounds Bike 12 minutes at 60% effort (easy) Bike 2 minutes at 40% effort (recovery)	No rest between rounds or intervals.
Session 5	
3 Rounds Bike 1000m at 80% effort (hard) Rest 1 minute Bike 500m at 90% effort (very hard)	Rest 3 minutes between rounds.
Mixed Modal Workout	
For Time 150 calories Every 2 minutes, including 0:00 perform 15 air squats, 10 push-ups, 5 burpees.	

WEEK 8

Session 1

2 Rounds

Bike 2000m at 60% effort (easy)
Bike 1000m at 70% effort (moderate)

Rest 1 minute

Bike 1500m at 70% effort (moderate)
Bike 750m at 80% effort (hard)

Rest 1 minute

Bike 1250m at 80% effort (hard)
Bike 500m at 90% effort (very hard)

Athletes Notes

Rest 3 minutes between rounds.

Session 2

4 Rounds

Bike 5 minutes at 80% effort (hard)
Bike 3 minutes at 60% effort (easy)

No rest between rounds.

Session 3

8 Rounds

Bike 1500m

Rest 1:30 between rounds.

Start with 60% easy effort and every round, aiming for negative split times.

*Round 1: 2 minutes
Round 2: 1 minute 50 seconds
Rounds 3: 1 minute 40 seconds
Etc.*

WEEK 8	
Session 4	Athletes Notes
Bike 35 minutes at 60% effort (easy)	Continuous ride. Maintain 80-90 cadence (RPM).
Session 5	
4 Rounds Bike 1000m at 70% effort (moderate) Bike 750m at 80% effort (hard) Bike 500m at 90% effort (very hard)	Rest 5 minutes between rounds.
Mixed Modal Workout	
For Time 150 air squats Every minute, including 0:00 bike 12/9 calories.	Scale down number of calories if needed.

WEEK 9	
Session 1	Athletes Notes
<p>5 Rounds (Part A)</p> <p>Bike 3000m (10 damper) Bike 2000m (8 damper) Bike 1000m (free damper)</p> <p>Rest 4 minutes between rounds.</p> <p>6 Rounds (Part B)</p> <p>Bike 100m at 100% effort (maximum)</p> <p>Rest 40 seconds between rounds.</p>	<p>Maintain 60% easy effort throughout this workout. This is one extra round from week 5 progression.</p> <p>Rest until full recovery between Part A and B of the session.</p>
Session 2	
<p>8 Rounds</p> <p>Bike 1000m at 70% effort (moderate) Bike 750m at 60% effort (easy)</p>	<p>Rest 1 minute between rounds.</p>
Session 3	
<p>12 Rounds</p> <p>Bike 1000m</p> <p>Rest 1:30 between rounds.</p>	<p>Start with 60% easy effort and every round, aiming for negative split times.</p> <p><i>Round 1: 2 minutes Round 2: 1 minute 50 seconds Rounds 3: 1 minute 40 seconds Etc.</i></p>

WEEK 9	
Session 4	Athletes Notes
Bike 18,000m at 60% effort (easy)	Continuous ride. Maintain 80-90 cadence (RPM).
Session 5	
3 Rounds Bike 1500m at 70% effort (moderate) Rest 1 minute Bike 1500m at 80% effort (hard) Rest 1 minute Bike 1500m at 70% effort (moderate)	Rest 4 minutes between rounds.
Mixed Modal Workout	
20 Rounds Bike 1000m 20 Burpees	

WEEK 10

Session 1

6 Rounds (Part A)

Bike 500m at 80% effort (hard)
Bike 250m at 40% effort (recovery)

12 Rounds (Part B)

Bike 100m at 100% effort (maximum)
Bike 100m at 40% effort (recovery)

Athletes Notes

No rest between rounds or intervals. Rest until fully recovered between Part A and B.

Session 2

4 Rounds

Bike 1 minute at 80% effort (hard)
Bike 4 minutes at 70% effort (moderate)
Bike 6 minutes at 40% effort (recovery)

No rest between rounds or intervals.

Session 3

10 Rounds

Bike 1500m

Rest 2:00 between rounds.

Start with 60% easy effort and every round, aiming for negative split times.

*Round 1: 2 minutes
Round 2: 1 minute 50 seconds
Rounds 3: 1 minute 40 seconds
Etc.*

WEEK 10	
Session 4	Athletes Notes
2 Rounds Bike 20 minutes at 60% effort (easy) Bike 8 minutes at 40% effort (recovery)	No rest between rounds or intervals.
Session 5	
3 Rounds Bike 1500m at 80% effort (hard) Rest 1 minute Bike 750m at 90% effort (very hard)	Rest 4 minutes between rounds.
Mixed Modal Workout	
Every 2 minutes 8 calories 8 burpees Add 2 reps to each exercise until unable to complete in time (10/10, 12/12, 14/14 etc.)	Reset your monitor every 2 minutes. No rollover calories.

WEEK 11

Session 1

5 Rounds

Bike 500m at 70% effort (moderate)

Rest 90 seconds

Bike 500m at 80% effort (hard)

Rest 90 seconds

Bike 500m at 100% effort (maximum)

Athletes Notes

Rest 3 minutes between rounds.

Session 2

Bike 6 minutes at 60% effort (easy)
Bike 2 minutes at 70% effort (moderate)
Bike 6 minutes at 80% effort (hard)

Bike 4 minutes at 60% effort (easy)
Bike 6 minutes at 70% effort (moderate)
Bike 4 minutes at 60% effort (easy)

Bike 6 minutes at 80% effort (hard)
Bike 2 minutes at 70% effort (moderate)
Bike 6 minutes at 60% effort (easy)

No rest between any of the intervals.

Session 3

12 Rounds

Bike 1000m

Rest 1:00 between rounds.

Start with 60% easy effort and every round, aiming for negative split times.

*Round 1: 2 minutes
Round 2: 1 minute 50 seconds
Rounds 3: 1 minute 40 seconds
Etc.*

WEEK 11	
Session 4	Athletes Notes
Bike 40 minutes at 60% effort (easy)	Continuous ride. Maintain 80-90 cadence (RPM).
Session 5	
3 Rounds Bike 2000m at 70% effort (moderate) Rest 2 minutes Bike 1500m at 80% effort (hard) Rest 2 minutes Bike 1000m at 90% effort (very hard)	Rest 5 minutes between rounds.
Mixed Modal Workout	
For Time 50 calories 50 double unders 40 calories 40 air squats 30 calories 30 sit-ups 20 calories 20 push-ups 10 calories 10 burpees	Classic bodyweight chipper. Substitute jumping jacks for double under if needed.

WEEK 12

Session 1

7 Rounds

Bike 3 minutes at 90% effort (very hard)
Bike 2 minutes at 60% effort (easy)

No rest between rounds.

Athletes Notes

Session 2

5 Rounds

Bike 3 minutes at 60% effort (easy)
Bike 3 minutes at 70% effort (moderate)
Bike 3 minutes at 80% effort (hard)

Rest 3 minutes between rounds.

Session 3

10 Rounds

Bike 1500m

Rest 1:30 between rounds.

Start with 60% easy effort and every round, aiming for negative split times.

*Round 1: 2 minutes
Round 2: 1 minute 50 seconds
Rounds 3: 1 minute 40 seconds
Etc.*

WEEK 12

Session 4

Bike 20,000m at 60% effort (easy)

Athletes Notes

Continuous ride. Maintain 80-90 cadence (RPM).

Session 5

4 Rounds

Bike 1250m at 70% effort (moderate)
Bike 1000m at 80% effort (hard)
Bike 750m at 90% effort (very hard)

Rest 5 minutes between rounds.

Mixed Modal Workout

EMOM 9

Min 1: 15/12 calories
Min 2: 10-15 burpees
Min 3: 50-70 double unders

Rest 3 minutes.

EMOM 9

Min 1: 15/12 calories
Min 2: 10-15 burpees
Min 3: 50-70 double unders

Pick a challenging number of reps you can maintain for 9 minutes. Rest 3 minutes, then do it again. May substitute double unders to jumping jacks or single unders. Scale up burpees to the bar facing variation.

THANK YOU!

Thank you for your support! If you ever have questions on any of the items in this program, please feel free to reach out to us via our website. We are 100% committed, to helping you along your journey to achieving your fitness goals.

Replace excuses with effort and keep training hard!

All the best,

- OnlineWOD Team