

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Begin WO 3/15							
WEEK							
1	10-15 min	XTRAIN	10-15 min	XTRAIN	REST	30 minutes	30 minutes try not to stop during the 30 minutes
2	10-15 min	XTRAIN	10-15 min	XTRAIN	REST	30 minutes	30 minutes
3	15-20 min	XTRAIN	15-20 min	XTRAIN	REST	30 minutes	30 minutes
4	15-20 min	XTRAIN	15 -20 min	XTRAIN	REST	30 minutes	30 minutes
5	30 min	XTRAIN	30 min	XTRAIN	REST	5 miles	5 miles
6	30 min	XTRAIN	30 min	XTRAIN	REST	5 miles	5 miles
7	30 min	XTRAIN	30 min	XTRAIN	REST	10 miles	10 miles
8	30 min	XTRAIN	30 min	XTRAIN	REST	10 miles	10 miles
9	35 min	XTRAIN	35min	XTRAIN	REST	15 miles	15 miles
10	35 min	XTRAIN	35 min	XTRAIN	REST	20 miles	20 miles
11	40 min	XTRAIN	40 min	XTRAIN	REST	25 miles	25 miles
12	40 min	XTRAIN	40 min	XTRAIN	REST	30 miles	30 miles
13	45 min	XTRAIN	45 min	XTRAIN	REST	35 miles	35 miles
14	45 min	XTRAIN	45 min	XTRAIN	REST	40 miles	40 miles
15	60 min	XTRAIN	60 min	XTRAIN	REST	45 miles	45 miles
16	T	A	P	E	R	casual ride	
17	T	A	p	E	R	casual ride	
18	T	A	p	E	R	casual ride	

XTRAIN IS KEY!!!!

Key Muscle groups:

back, hips, core
glutes, quads
hamstrings

Recommend:

HIIT Training
20 - 30 second rounds
10 - 15 second rest
6 stations
use Tabata App

Can incorporate Yoga
into HIIT

Suggestions:

Exercise: Focus:
Plank core, glutes
Mt. Climber hips
Squats quads, ham,glute
Bridges glutes, hips
Back Extension back
single leg exer. quad,back