



Off – Feet CV Options

Bike Session:

5 minute warm up and stretch

30secs at medium level, fast leg speed, 30secs same level, low leg speed x 10

20secs at hard level, fast leg speed, 10secs same level, low leg speed x 10

3 minute recovery, cycle at low level

20secs at hard level, fast leg speed, 10secs same level, low leg speed x 10

30secs at hard level, 15secs complete rest x 6

Cool down and stretch

Rowing Session:

2 minute row and stretch

10 x 60secs on, 60secs off. Aim to exceed 250m on each interval

Finish with a 4 minute steady rowing session and stretch

Cross Trainer Session:

5 minute warm up and stretch

60secs at medium level, fast leg speed, 30secs at same level, low leg speed x 10

20secs at low level, 20secs at medium level, 20secs at hard level, fast leg speed on all x 10

1km cool down and stretch