Crimson Conditioning

Airdyne

Workout #1
- :30s ON 1:30 OFF x4

ON at lvl 10 OFF at lvl 3
- :15s on :45s OFF x4

ON at lvl 12 OFF at lvl 3
- :05s ON :25s OFF x4

ON at lvl 15 OFF at lvl 3

Workout #2
- 1 mile all out
- rest 2:30
- 1 mile all out
- rest 2:30
- .5 mile all out

Workout #3
- 8x :15s ON :45s OFF
- On at lvl 12 OFF at lvl 2
- 2 miles over lvl 4.5

Workout #4
- 1 min lvl 3
- 1 min lvl 4
- 1 min lvl 5
- 1 min lvl 6
- 1 min lvl 7
- go through x3

Life Cycle

Workout #1
- Hill/LVLV 9/Race OFF
- 25 min
- Keep RPM over 85

Workout #2
- Manual/LVL 6/Race on
- 30 min
- Get a min of 12 miles

Spinners

Workout #1
- 5:00 at 2 cranks
- 2:00 ON 2:00 OFF

ON at 4 cranks standing
OFF at 2 cranks sitting
- Go through x5

Workout #3
- 2min WU at 2 cranks
- 120 revolutions (easier if you count 60 on 1 foot)
- 120 at 2 cranks sitting
- 120 at 3 cranks sitting
- 120 at 4 cranks standing
- 120 at 5 cranks standing
- Go through x 4

Treadmill

Workout #1
(ON is always full speed)
- 2 min WU
- 1:00 ON 1:00 OFF x3
- :30 ON 1:00 OFF x3
- :15 ON :45 OFF x8
- 2 min cool down

Workout #2
- 1:00 at lvl 3
- 1:00 at lvl 4
- 1:00 at lvl 5
- 1:00 at lvl 6
- 1:00 at lvl 7
- 1:00 at lvl 8
- Go through x3

Workout #3
- :15s ON :45s OFF
- 1st 5 reps are a WU last 10 are at full speed

Workout #4
- :30s ON 1:00 OFF
- 1st 2 reps are warm-ups last 10 are full speed