

the triple tabata

bike workout

In this workout you'll do the same 10-minute set, 3 times over. During the hard working intervals, turn the resistance up so that cycling at 110 RPMs or higher is very challenging. Your goal is to maintain 110 RPMs or higher during the intense work phases, slowing RPMs in the 10s recoveries. In the longer rests, reduce resistance to whatever you like and pedal at around 90-95 RPMs.

1

0:00 - 5:00

4 to 7

Build resistance every minute for 5 mins, maintaining 90-95 RPM.

5:00-6:00

5

Drop resistance and ride very easy @90-95RPM.

6:00-10:00

Alternate
10 and as
low as
possible

Add enough resistance to make 110 RPM+ feel HARD. Ride all-out @110RPM+ for 20s, easy at lower RPMs for 10s.

2

+

3

Repeat round 1

Finish with a super easy cool-down to bring HR back to normal

7 to 4

Total: 30 mins