

BP's (Manually Driven) Stationary Bike Workouts

What you need:

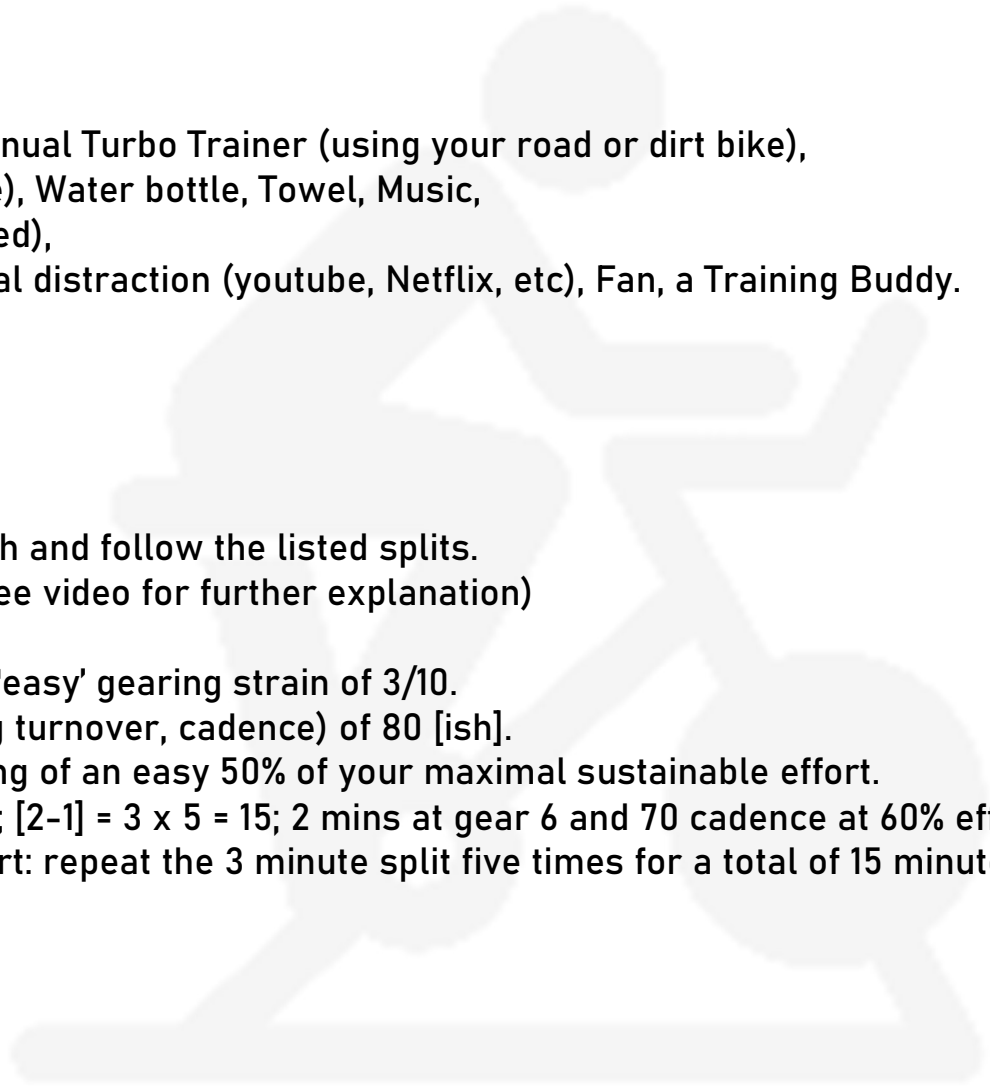
- 1) A Spin Bike, or a Manual Turbo Trainer (using your road or dirt bike),
- 2) A Stopwatch (Phone), Water bottle, Towel, Music,
- 3) BP's Workout (printed),
- 4) Non-essential: Visual distraction (youtube, Netflix, etc), Fan, a Training Buddy.

How it works:

- 1) Start your Stopwatch and follow the listed splits.
- 2) Eg, Workout One; (see video for further explanation)
 - a) 3 minutes and your 'easy' gearing strain of 3/10.
 - b) At a steady spin (leg turnover, cadence) of 80 [ish].
 - c) With a relative feeling of an easy 50% of your maximal sustainable effort.
 - d) Eg: Split # 3, means; $[2-1] = 3 \times 5 = 15$; 2 mins at gear 6 and 70 cadence at 60% effort/ then/ 1 min at gear 7 and 100+ cadence at 85% effort: repeat the 3 minute split five times for a total of 15 minutes for the split.

Rotate workouts 1-3 x 5.

Get spinning.



Workout One

Split	Time	Cumulative Time	Gear - 1-10	Cadence	Intensity
# Order of the workout	The actual time split in Minutes.	Elapsed time on your starting stopwatch/ time piece.	The relative feeling of muscle strain - change gears accordingly. 1 = easiest, 10 = hardest (8+ out of the saddle)	Revolutions per minute, About` 60 = slow, 80 = medium, 100 = fast	Relative % of Max effort. 50% = easy, 75% = Medium, 90 = Hard
1	3	3	3	80	50
2	2	5	5	80	60
3	3 [2 hard/1 easy] x 5 = 15	20	[7-3]	[90-60+]	[85-50]
4	3 [2 hard/1 easy] x 4 = 12	32	[9-3]	[50-70]	85

Workout Two

Split	Time	Cumulative Time	Gear - 1-10	Cadence	Intensity
# Order of the workout	The actual time split in Minutes.	Elapsed time on your starting stopwatch/ time piece.	The relative feeling of muscle strain - change gears accordingly. 1 = easiest, 10 = hardest (8+ out of the saddle)	Revolutions per minute, About` 60 = slow, 80 = medium, 100 = fast	Relative % of Max effort. 50% = easy, 75% = Medium, 90 = Hard
1	4-3-3	10	5	70-80-90	50-70
2	5-5	20	8-6	50-70	85-70
3	4-2-4-2	30	7-4	100-70-100-70	85-65

Workout Three

Split	Time	Cumulative Time	Gear - 1-10	Cadence	Intensity
# Order of the workout	The actual time split in Minutes/ Seconds.	Elapsed time from starting clock	Relative feeling of muscle strain - change gears accordingly. 1 = easiest, 10 = hardest	Revolutions per minute 60 = slow, 80 = medium, 100 = fast	Relative % of Max effort. 50% = easy, 75% = Medium, 90 = Hard
1	8	8	5	80	60
2	8	16	6	80	70
3	8	24	7	80	80
4	8	32	8	50	85