

Weeks 1-3

3 days per week: Aerobic LSD

- 30-40 Minutes nasal breathing only at a steady pace (try to increase RPMs held each day over the course of 9 sessions, don't start too hard day 1 so there is room to improve)
- **30-40 Minutes Total Work*

Weeks 4-6

Day 1: Aerobic intervals

- 40 on/ 20 off x 30 nasal only (keep track of cals)
- **30 Minutes Total Work*

Day 2: Alactic Power Intervals

- 15 sets of :10 Max Effort/ 1:20 slow recovery pedal
- 5 min warm up and cool down
- **25 Minutes Total Work*

Day 3: Lactic Power Intervals

- 12 sets of :20 Max Effort/ :40 slow recovery pedal
- 5 min warm up and cool down
- **22 Minutes Total Work*

Weeks 7-9

Day 1: Aerobic intervals

- 45 on/ 15 off x 30 nasal only (keep track of cals)
- **30 minutes of Total Work*

Day 2: Alactic Capacity Intervals

- 10 sets of :15 Max Effort/ 1:45 slow recovery pedal
- 5 min warm up and cool down
- **30 minutes of Total Work*

Day 3: Lactic Capacity Intervals

- 10 sets of :30/ 1:30 slow recovery pedal
- 5 min warm up and cool down
- **30 minutes of total work*