



Bike Heart Rate Intervals

Set Up: Choose a bike with resistance, and a method of measuring HR and/or time
Warm up for 3-5 minutes

1. Pedal (sprint) for one mile with resistance (3-4 out of 10)
2. Time the mile and check your HR
3. Pedal slowly, no resistance, until HR drops back to 110 bpm
4. Repeat the sprint for a mile, record time, and check HR
5. Repeat for 5-8 miles
6. Mile times should stay fairly consistent, recovery times will likely get longer throughout the workout

Alternative Option

1. Pedal (sprint) for one minute with resistance (3-4 out of 10)
2. Check your HR at the end of the sprint
3. Pedal slowly, no resistance, until HR drops back to 110 bpm
4. Repeat the sprint for a mile and check HR (should be close to first sprint)
5. Repeat for 5-8 minute sprints



STUDENT
AFFAIRS

Campus Recreation