

## Off-bike Strength training: WEEK 1

Monday	<p>After your last 2-min. effort, take 4 minutes rest and then perform the following:</p> <ul style="list-style-type: none"> <li>• 5-10 Push Ups / 30 sec. rest</li> <li>• 1 min. Plank / 30 sec. rest</li> <li>• 10-20 Russian Twist / 30 sec. rest</li> <li>• 5-10 Walking Lunges / 30 sec. rest</li> <li>• 5-10 Reps of Iso Row / 30 sec. rest</li> <li>• 8-10 reps of DB Press, 30 sec. rest</li> <li>• 8-10 reps of DB Upright Rows</li> <li>• 3 minutes rest</li> </ul>	Tuesday - off	<p>During your rest interval of intervals 1 and 3, perform the following strength workouts off the bike:</p> <ul style="list-style-type: none"> <li>• 5-10 Push Ups / 30 sec. rest</li> <li>• 1 min. Plank / 30 sec. rest</li> <li>• 10-20 Russian Twist / 30 sec. rest</li> <li>• 5-10 Walking Lunges / 30 sec. rest</li> <li>• 5-10 Reps of ISO Rows / 30 sec. rest</li> <li>• 8-10 reps of DB Press / 30 sec. rest</li> <li>• 8-10 reps of DB Upright Rows</li> <li>• 3 minutes rest</li> </ul>	Thursday - off	<p>During your rest interval of the intervals 1 and 3, perform the following strength workouts off the bike:</p> <ul style="list-style-type: none"> <li>• 1 min. Plank / 30 sec. rest</li> <li>• 5-10 push ups / 30 sec. rest</li> <li>• 5-10 pull ups or ISO rows</li> </ul> <p>Between intervals 2 and 4:</p> <ul style="list-style-type: none"> <li>• 10-20 Russian Twists / 30 sec. rest</li> <li>• 8-12 DB Upright Rows</li> </ul>	Saturday - off	Sunday - off
Wednesday	<p>During your “rest interval” of the intervals 1 and 3, perform the following strength workouts off the bike:</p> <ul style="list-style-type: none"> <li>• 5-10 Push Ups / 30 sec. rest</li> <li>• 1 min. Plank / 30 sec. rest</li> <li>• 10-20 Russian Twist / 30 sec. rest</li> <li>• 5-10 Walking Lunges / 30 sec. rest</li> <li>• 5-10 Reps of ISO Rows / 30 sec. rest</li> <li>• 8-10 reps of DB Press / 30 sec. rest</li> <li>• 8-10 reps of DB Upright Rows</li> <li>• 3 minutes rest</li> </ul>	Friday	<p>During your “rest interval” of the intervals 1 and 3, perform the following strength workouts off the bike:</p> <ul style="list-style-type: none"> <li>• 1 min. Plank / 30 sec. rest</li> <li>• 5-10 push ups / 30 sec. rest</li> <li>• 5-10 pull ups or ISO rows</li> </ul> <p>Between intervals 2 and 4:</p> <ul style="list-style-type: none"> <li>• 10-20 Russian Twists / 30 sec. rest</li> <li>• 8-12 DB Upright Rows</li> </ul>	Saturday - off	Sunday - off		

## Off-bike Strength training: WEEK 2

Monday	<p>After both of your 2 x 2 min intervals, do the following strength exercises all back to back:</p> <ul style="list-style-type: none"> <li>• 5-10 Push Ups / 30 sec. rest</li> <li>• 1 min. Plank / 30 sec. rest</li> <li>• 10-20 Russian Twist / 30 sec. rest</li> <li>• 5-10 Walking Lunges / 30 sec. rest</li> <li>• 5-10 Reps of ISO Rows / 30 sec. rest</li> <li>• 8-10 reps of DB Press / 30 sec. rest</li> <li>• 8-10 reps of DB Upright Rows</li> <li>• 3 minutes rest</li> </ul>	Tuesday - off	<p>During your “rest interval” of the intervals 1 and 3, perform the following strength workouts off the bike:</p> <ul style="list-style-type: none"> <li>• 5-10 Push Ups / 30 sec. rest</li> <li>• 1 min. Plank / 30 sec. rest</li> <li>• 10-20 Russian Twist / 30 sec. rest</li> <li>• 5-10 Walking Lunges / 30 sec. rest</li> <li>• 5-10 Reps of ISO Rows / 30 sec. rest</li> <li>• 8-10 reps of DB Press / 30 sec. rest</li> <li>• 8-10 reps of DB Upright Rows</li> <li>• 3 minutes rest</li> </ul>	Thursday - off	<p>During your “rest interval” of the intervals 1 and 3, perform the following strength workouts off the bike:</p> <ul style="list-style-type: none"> <li>• 1 min. Plank / 30 sec. rest</li> <li>• 5-10 push ups / 30 sec. rest</li> <li>• 5-10 pull ups or ISO rows</li> </ul> <p>Between intervals 2 and 4:</p> <ul style="list-style-type: none"> <li>• 10-20 Russian Twists / 30 sec. rest</li> <li>• 8-12 DB Upright Rows</li> </ul>	Saturday - off	Sunday - off
Wednesday	<p>During your “rest interval” of the intervals 1 and 3, perform the following strength workouts off the bike:</p> <ul style="list-style-type: none"> <li>• 5-10 Push Ups / 30 sec. rest</li> <li>• 1 min. Plank / 30 sec. rest</li> <li>• 10-20 Russian Twist / 30 sec. rest</li> <li>• 5-10 Walking Lunges / 30 sec. rest</li> <li>• 5-10 Reps of ISO Rows / 30 sec. rest</li> <li>• 8-10 reps of DB Press / 30 sec. rest</li> <li>• 8-10 reps of DB Upright Rows</li> <li>• 3 minutes rest</li> </ul>	Friday	<p>During your “rest interval” of the intervals 1 and 3, perform the following strength workouts off the bike:</p> <ul style="list-style-type: none"> <li>• 1 min. Plank / 30 sec. rest</li> <li>• 5-10 push ups / 30 sec. rest</li> <li>• 5-10 pull ups or ISO rows</li> </ul> <p>Between intervals 2 and 4:</p> <ul style="list-style-type: none"> <li>• 10-20 Russian Twists / 30 sec. rest</li> <li>• 8-12 DB Upright Rows</li> </ul>	Saturday - off	Sunday - off		

## Off-bike Strength training: WEEK 3

Monday

If you feel stronger this week, increase your weights and or reps for the strength exercises. After both of your 2 x 2 min. intervals, do the following all back to back:

- 5-10 Push Ups / 30 sec. rest
- 1 min. Plank / 30 sec. rest
- 10-20 Russian Twist / 30 sec. rest
- 5-10 Walking Lunges / 30 sec. rest
- 5-10 Reps of ISO Rows / 30 sec. rest
- 8-10 reps of DB Press / 30 sec. rest
- 8-10 reps of DB Upright Rows
- 3 minutes rest

Wednesday

During your rest interval of intervals 2, 4, 6, perform the following strength workouts off the bike:

- 5-10 Push Ups / 30 sec. rest
- 1 min. Plank / 30 sec. rest
- 10-20 Russian Twist / 30 sec. rest
- 5-10 Walking Lunges / 30 sec. rest
- 5-10 Reps of ISO Rows / 30 sec. rest
- 8-10 reps of DB Press / 30 sec. rest
- 8-10 reps of DB Upright Rows
- 3 minutes rest

Friday

During your rest interval of intervals 1 and 3, perform the following strength workouts off the bike:

- 1 min. Plank / 30 sec. rest
  - 5-10 push ups / 30 sec. rest
  - 5-10 pull ups or ISO rows
- Between intervals 2 and 4:
- 10-20 Russian Twists / 30 sec. rest
  - 8-12 DB Upright Rows

## Off-bike Strength training: WEEK 4

Monday

If you feel stronger this week, increase your weights and or reps for the strength exercises. After both of your 2 x 2 min. intervals, do the following all back to back:

- 5-10 Push Ups / 30 sec. rest
- 1 min. Plank / 30 sec. rest
- 10-20 Russian Twist / 30 sec. rest
- 5-10 Walking Lunges / 30 sec. rest
- 5-10 Reps of ISO Rows / 30 sec. rest
- 8-10 reps of DB Press / 30 sec. rest
- 8-10 reps of DB Upright Rows
- 3 minutes rest

Wednesday

During your rest interval of intervals 2, 4, 6, perform the following:

- 5-10 Push Ups / 30 sec. rest
- 1 min. Plank / 30 sec. rest
- 10-20 Russian Twist / 30 sec. rest
- 5-10 Walking Lunges / 30 sec. rest
- 5-10 Reps of ISO Rows / 30 sec. rest
- 8-10 reps of DB Press / 30 sec. rest
- 8-10 reps of DB Upright Rows
- 3 minutes rest

Friday

After your last 2 minute effort, take 4 minutes rest and then perform the following exercises 2-3 times total:

- 5-10 Push Ups / 30 sec. rest
- 1 min. Plank / 30 sec. rest
- 10-20 Russian Twist / 30 sec. rest
- 5-10 Walking Lunges / 30 sec. rest
- 5-10 Reps of ISO Rows / 30 sec. rest
- 8-10 reps of DB Press / 30 sec. rest
- 8-10 reps of DB Upright Rows
- 3 minutes rest

Tuesday - off

Thursday - off

Saturday - off

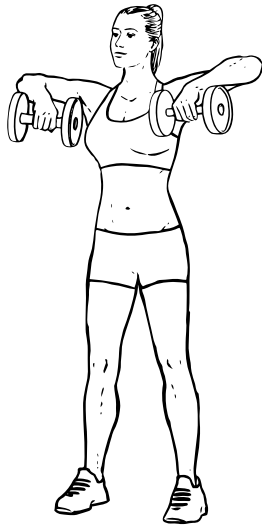
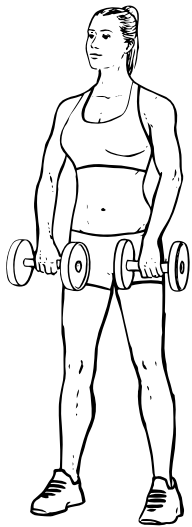
Sunday - off

Tuesday - off

Thursday - off

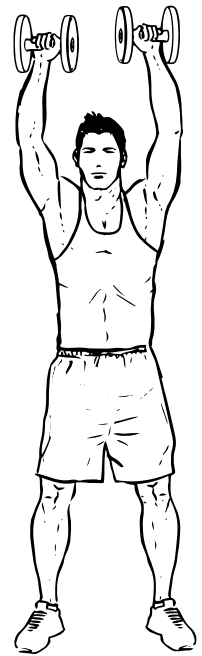
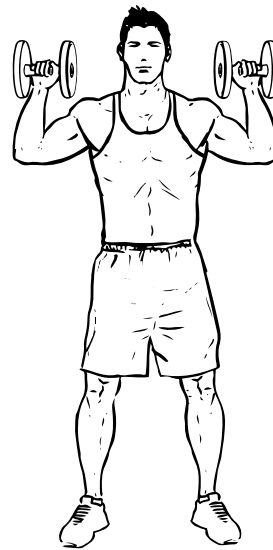
Saturday - off

Sunday - off



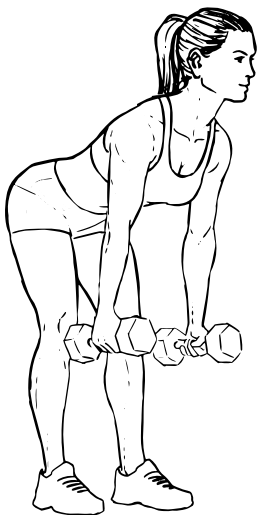
## DUMBBELL UPRIGHT ROW

The dumbbell upright row is performed by holding dumbbells with an overhand grip and lifting them straight up to your collarbone. This compound exercise involves the neck, shoulders and biceps. The narrower the grip the more the trapezius [lower neck] muscles are exercised, as opposed to the deltoids [shoulders].



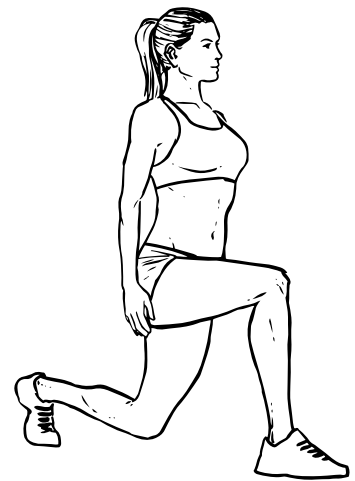
## DUMBBELL PRESS

The dumbbell press or shoulder press is typically performed while standing. Hold dumbbells at shoulders and press weights straight up from the shoulders until the arms are locked out overhead. This exercise strengthens shoulders, back and neck muscles.



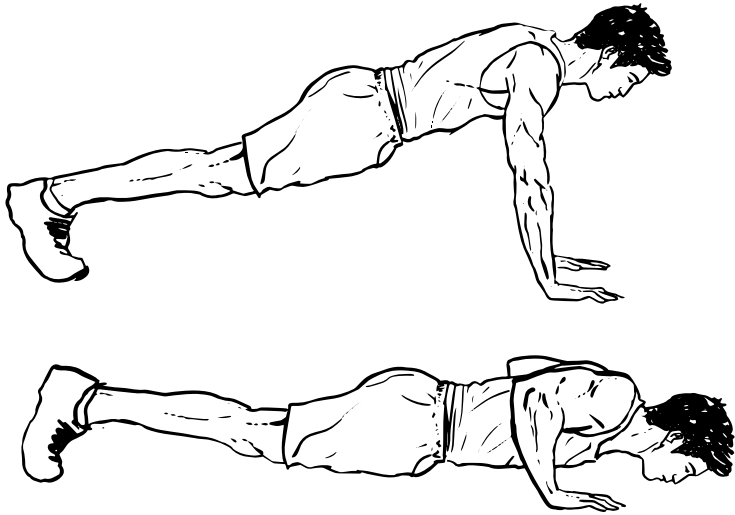
## BENT ISO ROW

An ISO row strengthens a variety of back muscles. The bent row is good for targeting upper and lower back muscles, rear shoulder muscles and biceps. With weights in hand, bend back to 90° and pull dumbbells to the side of the chest with wrists at the rib cage.



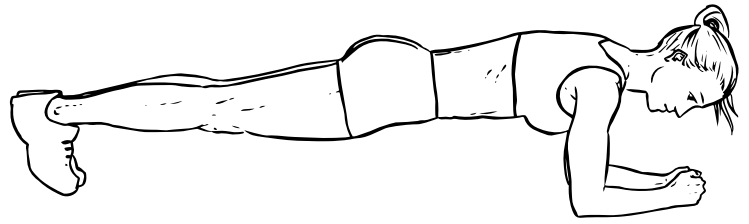
## WALKING LUNGES

Walking lunges are performed by starting standing straight up with feet close together. Step forward, lowering your back knee down to within 4-5 inches of the floor [or as far as comfortable] then press up with the front leg and step forward with the back leg, bringing feet back together. Alternate legs.



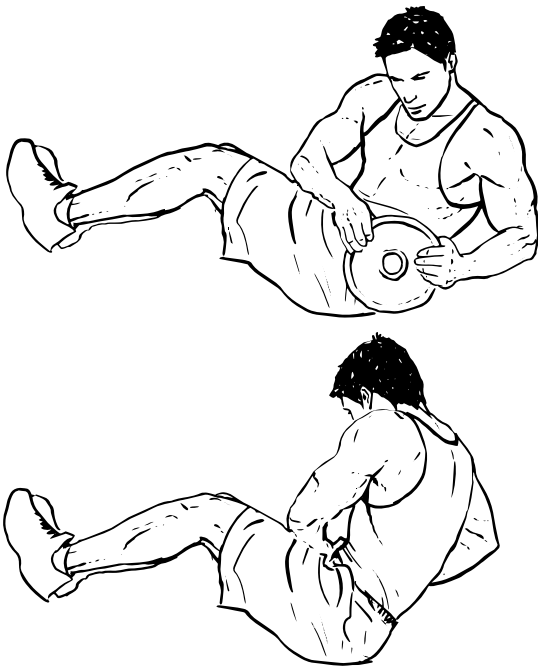
## PUSHUPS

To do push ups, start lying facing on the floor. Keeping your back straight, raise your body by pressing down on your hands until elbows are nearly locked. Don't lock elbows. This exercise works chest, shoulders, back and core muscles.



## PLANK

The plank (also called a front hold, hover, or abdominal bridge) is an isometric core strength exercise that involves maintaining a position similar to a push-up. With back straight, hold yourself up on your elbows and forearms and toes.



## RUSSIAN TWIST

The Russian Twist is an exercise that works the abdomen muscles by performing a twisting motion—done with or without weights or feet held in place. Start with the weight held out with your arms perpendicular to your torso. Alternate twisting weights to the left and right, covering roughly 180 degrees. Twisting to the left, then to the right, then back to center counts as one repetition.

### OPTIONAL WITH BENCH

