



## **BUSHIES Summer Program**

### **Christmas Home Bike Conditioning Program**

#### **1.) Bike Ladders: Complete then complete in reverse order: (2-8 times)**

10 on (fast as possible)	10 off (active recovery)
20 on (fast as possible)	20 off (active recovery)
30 on (fast as possible)	30 off (active recovery)
40 on (fast as possible)	40 off (active recovery)
50 on (fast as possible)	50 off (active recovery)
60 on (fast as possible)	60 off (active recovery)

#### **2.) Bike**

- 1.) 10 sec on (fast as possible)    10 sec off (active recovery) x 15-20 mins  
or
- 2.) 30 sec on (fast as possible)    30 sec off (active recovery) x 15-20 mins  
or
3. 1min on (fast as possible)    1 min off (active recovery) x 15-20mins

Choose Option 1 or 2. Perform for desired time as per weekly strength and conditioning program/session requirements. Alternatively perform on OFF-Days from training (running).

(2-5 times per week)