

INDOOR WORKOUT SERIES

HILLS

Just because the weather outside is frightful, doesn't mean you have to skip your ever-important hill sessions. This quick workout will get your legs and lungs screaming, while providing all the benefits of a typical outdoor hill session.



Length of Workout: Variable 36 min-64 min



Benefits: Build Strength & Power, and Improve HRMax and VO2Max



Tip: The emphasis here is on maximal power output during the interval. Don't sacrifice the interval by going too hard on the recovery. If stationary rest in between is what you need, take it!

HILLS

	GoHard 8's	The Top 10	12 of Hell
Warm-up	10-20 min	10-20 min	10-20 min
Sets	8	10	12
Hill Interval (High Gear)*	:30 sec	:30 sec	:30 sec
Recovery Interval (Low Gear or Rest)	:90 sec	:90 sec	:90 sec
Cool-Down	10-20 min	10-20 min	10-20 min
Total Workout Time	36-56 min	40-60 min	44-64 min

*This Interval should be done at maximum effort in the highest gear available

Get more great tips for indoor training at
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