

INDOOR WORKOUT SERIES

THE (PROGRESSIVE) LONG RIDE

Learn how to maximize your long-ride with this progressive ride, you'll build stamina, while learning to focus on workout hard late in the workout. This will help you stay on the gas late in a running or cycling event when fatigue sets in.



Length of Workout: Variable - broken in thirds



Benefits: Builds focus, aerobic endurance and boosts fat-burning metabolism



Tip: Don't progress too quickly! The beginning of these workouts should feel very easy. The purpose is to work hard late. Stay focused in the final third for the last push!

THE (PROGRESSIVE) LONG RIDE

	Novice	Intermediate	Advanced	Elite
Warm-up	10 min	15 min	20 min	15 min
Increase Gear 1-2 steps	10 min	15 min	20 min	30 min
Increase Gear 1-2 steps	10 min	15 min	20 min	30 min
Increase Gear 1-2 steps	10 min	15 min	20 min	30 min
Cool-Down	10 min	15 min	20 min	15 min
Total Workout Time	50 min	75 min	100 min	120 min

Get more great tips for indoor training at elliptigo.com/elliptical-bike-indoor-training/