



WEEK 1

155-160-165 BPM [52:52]

BPM CHART:

3 minutes @ 150 BPM (warmup)
6 minutes @ 155 BPM
3 minutes @ 150 BPM
6 minutes @ 169 BPM
3 minutes @ 150 BPM
6 minutes @ 165 BPM
3 minutes @ 150 BPM
6 minutes @ 160 BPM
3 minutes @ 150 BPM
6 minutes @ 165 BPM
5 minutes @ 150 BPM (cooldown)

WEEK 2

160-165-170 BPM [54:24]

BPM CHART:

3 minutes @ 150 BPM (warmup)
6 minutes @ 160 BPM
3 minutes @ 150 BPM
6 minutes @ 165 BPM
3 minutes @ 150 BPM
6 minutes @ 170 BPM
3 minutes @ 150 BPM
6 minutes @ 165 BPM
3 minutes @ 150 BPM
6 minutes @ 160 BPM
5 minutes @ 150 BPM (cooldown)

WEEK 3

165-170-175 BPM [54:02]

BPM CHART:

3 minutes @ 150 BPM (warmup)
6 minutes @ 165 BPM
3 minutes @ 150 BPM
6 minutes @ 170 BPM
3 minutes @ 150 BPM
6 minutes @ 175 BPM
3 minutes @ 150 BPM
6 minutes @ 170 BPM
3 minutes @ 150 BPM
6 minutes @ 165 BPM
5 minutes @ 150 BPM (cooldown)

WEEK 4

170-175-180 BPM [52:34]

BPM CHART:

3 minutes @ 150 BPM (warmup)
6 minutes @ 170 BPM
3 minutes @ 150 BPM
6 minutes @ 175 BPM
3 minutes @ 150 BPM
6 minutes @ 180 BPM
3 minutes @ 150 BPM
6 minutes @ 175 BPM
3 minutes @ 150 BPM
6 minutes @ 170 BPM
5 minutes @ 150 BPM (cooldown)