



WEEK 1

45 minutes at 160 BPM

BPM CHART:

05 min. @ 150 BPM (warmup)
10 min. @ 160 BPM
01 min. @ 150 BPM
10 min. @ 160 BPM
01 min. @ 150 BPM
10 min. @ 160 BPM
05 min. @ 150 BPM (cooldown)

WEEK 2

45 minutes at 165 BPM

BPM CHART:

05 min. @ 150 BPM (warmup)
10 min. @ 165 BPM
01 min. @ 150 BPM
10 min. @ 165 BPM
01 min. @ 150 BPM
10 min. @ 165 BPM
05 min. @ 150 BPM (cooldown)

WEEK 3

45 minutes at 170 BPM

BPM CHART:

05 min. @ 150 BPM (warmup)
10 minutes @ 170 BPM
01 minute @ 150 BPM
10 minutes @ 170 BPM
01 minute @ 150 BPM
10 minutes @ 170 BPM
05 minutes @ 150 BPM (cooldown)

WEEK 4

45 minutes at 175 BPM

BPM CHART:

05 minutes @ 150 BPM (warmup)
10 minutes @ 175 BPM
01 minute @ 150 BPM
10 minutes @ 175 BPM
01 minute @ 150 BPM
10 minutes @ 175 BPM
05 minutes @ 150 BPM (cooldown)

WEEK 5

46 minutes from 165 to 175 BPM

BPM CHART:

05 minutes @ 150 BPM (warmup)
10 minutes @ 165 BPM
01 minute @ 150 BPM
10 minutes @ 170 BPM
01 minute @ 150 BPM
10 minutes @ 175 BPM
05 minutes @ 150 BPM (cooldown)