



=== Series Outline ===  
**“DRIVING SPIKES”**  
Sprint Intervals Speed Training

## WEEK 1

150 to 170 BPM  
(26 minutes)

### BPM CHART:

5 min. @ 150 BPM (warmup)  
1 min. @ 170 BPM  
5 min. @ 150 BPM  
1.5 min. @ 170 BPM  
5 min. @ 150 BPM  
2 min. @ 175 BPM  
5 min. @ 150 BPM (cooldown)

## WEEK 2

155 to 175 BPM  
(30 minutes)

### BPM CHART:

5 min. @ 150 BPM (warmup)  
5 min. @ 155 BPM  
1 min. @ 175 BPM  
5 min. @ 155 BPM  
1.5 min. @ 175 BPM  
5 min. @ 155 BPM  
2 min. @ 175 BPM  
5 min. @ 150 BPM (cooldown)

## WEEK 3

160 to 180 BPM  
(30 minutes)

### BPM CHART:

5 min. @ 150 BPM (warmup)  
5 min. @ 160 BPM  
1 min. @ 180 BPM  
5 min. @ 160 BPM  
1.5 min. @ 180 BPM  
5 min. @ 160 BPM  
2 min. @ 180 BPM  
5 min. @ 150 BPM (cooldown)

## WEEK 4

165 to 185 BPM  
(30 minutes)

### BPM CHART:

5 min. @ 150 BPM (warmup)  
5 min. @ 165 BPM  
1 min. @ 185 BPM  
5 min. @ 165 BPM  
1.5 min. @ 185 BPM  
5 min. @ 165 BPM  
2 min. @ 185 BPM  
5 min. @ 150 BPM (cooldown)