

MuscleTech \$50K Transformation

Interval Cardio Program

<u>Minute*</u>	<u>Relative Intensity</u>	<u>(bike speeds)</u>
0-5	warm-up	(< 14)
5-6	moderate	(14-17)
6-7	high	(17-20)
7-9	moderate	
9-10	very high	(as fast as you can go)
10-12	moderate	
12-13	high	
13-15	moderate	
15-16	very high	
16-18	moderate	
18-19	high	
19-21	moderate	
21-22	very high	
22-24	moderate	
24-25	high	
25-27	moderate	

Week 1

27-30 cool-down

Week 2

27-28 very high
28-30 moderate
30-31 high
31-35 cool-down

Week 3 / Week 4

27-28 very high
28-30 moderate
30-31 high
31-33 moderate
33-34 very high
34-36 moderate
36-37 high
37-40 / 37-39 cool-down (Week 3) OR moderate (Week 4)
39-40 very high (Week 4)
40-42 moderate (Week 4)
42-45 cool-down (Week 4)

* Each workout, aim to do five more seconds of high-or very high intensity training during respective intervals, reducing moderate-intensity intervals by a corresponding five seconds. As your body adapts and becomes more cardiovascularly efficient, continue to increase the duration of your higher intensity intervals and/or increase the speed at which you do them.