

KTB MACHINE

WEEK 1

DAY	WORK	NOTES
MONDAY	8x1K BIKE	Rest: 4 Minutes
FRIDAY	40 MINUTE ROW - AEROBIC	HR +/- five beats from 180 - age

WEEK 2

DAY	WORK	NOTES
MONDAY	7x500m ROW	Rest: 3 Minutes
FRIDAY	40 MINUTE BIKE - AEROBIC	HR +/- five beats from 180 - age

WEEK 3

DAY	WORK	NOTES
MONDAY	6x2k BIKE	Rest: 3 Minutes
FRIDAY	40 MINUTE ROW - AEROBIC	HR +/- five beats from 180 - age

WEEK 4

DAY	WORK	NOTES
MONDAY	7x500m ROW	Rest: 3 Minutes
FRIDAY	40 MINUTE BIKE - AEROBIC	HR +/- five beats from 180 - age

WEEK 5

DAY	WORK	NOTES
MONDAY	8x1K BIKE	Rest: 4 Minutes
FRIDAY	40 MINUTE ROW - AEROBIC	HR +/- five beats from 180 - age

Program Notes: Interval work should be a fight between going as hard as possible and maintaining +/- 5 seconds each round. Focus during rest periods should be deep nose breathing to get HR below 120bpm as quickly as possible. The goal across five weeks on the aerobic work is to increase distance at the same or lower average HR. Warm-up prior to either should be fifteen minutes of alternating between running and focused mobility.