

# BIKING PROGRAM TO IMPROVE CARDIOVASCULAR ENDURANCE

	Mon	TUES	WED	Thu	FRI
WEEK # 1	<b>Biking Minutes:</b> Beginner 20 minutes Intermediate 25 minutes Advanced 30 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/ 10 reps)	<b>Biking Minutes:</b> Beginner 20 minutes Intermediate 25 minutes Advanced 30 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/ 10 reps)	<b>Biking Minutes:</b> Beginner 20 minutes Intermediate 25 minutes Advanced 30 minutes
WEEK # 2	<b>Biking Minutes:</b> Beginner 25 minutes Intermediate 30 minutes Advanced 35 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/11 reps)	<b>Biking Minutes:</b> Beginner 25 minutes Intermediate 30 minutes Advanced: 35 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/ 11 reps)	<b>Biking Minutes:</b> Beginner 25 minutes Intermediate 30 minutes Advanced 35 minutes
WEEK # 3	<b>Biking Minutes:</b> Beginner 30 minutes Intermediate 35 minutes Advanced 40 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/ 12 reps)	<b>Biking Minutes:</b> Beginner 30 minutes Intermediate 35 minutes Advanced 40 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/12 reps)	<b>Biking Minutes:</b> Beginner 30 minutes Intermediate 35 minutes Advance 40 minutes
WEEK #4	<b>Biking Minutes:</b> Beginner 35 minutes Intermediates 40 minutes Advanced 45 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/13 reps)	<b>Biking Minutes:</b> Beginner 35 minutes Intermediate 40 minutes Advanced 45 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/13 reps)	<b>Biking Minutes:</b> Beginner 35 minutes Intermediate 40 minutes Advanced 45 minutes
WEEK # 5	<b>Biking Minutes:</b> Beginner 40 minutes Intermediate 45 minutes Advanced 50 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/14 reps)	<b>Biking Minutes:</b> Beginner 40 minutes Intermediate 45 minutes Advanced 50 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/14 reps)	<b>Biking Minutes:</b> Beginner 40 minutes Intermediate 45 minutes Advanced 50 minutes
WEEK # 6	<b>Biking Minutes:</b> Beginner 45 minutes Intermediate 50 minutes Advanced 55 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/15 reps)	<b>Biking Minutes:</b> Beginner 45 minutes Intermediate 50 minutes Advanced 55 minutes	<b>Strength Exercises:</b> Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/15 reps)	<b>Biking Minutes:</b> Beginner 45 minutes Intermediate 50 minutes Advanced 55 minutes

## Safety:

1. Be sure your bike is in good riding condition, you have a bike helmet, and water bottle.
2. Biking is a **life-time sport** that an individual can actively participate in for the rest of their life.
3. **Inhalers** should be used if it applies to student/athlete.
4. **Have Fun!!**