



**Training Cycle:**  
**Cycle Duration:**  
**Work Week**  
**Focus:**

**Phase 2**  
**8 Weeks**  
**2/8**  
**Enhanced Endurance, Strength & Lactate Tolerance**

**Intensity Note:**

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)**

**Monday**

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes  
**Choose one of the following for your morning & evening workout:**

- **Complete Racing Solutions Row: Incremental Pacing Intervals (20-30 Minutes)**

**Misc. Notes:** complete a 500-meter interval at 90-95% effort after your warm-up; use this time as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle, and stretch it passively (holding the stretch for 8-10 seconds) while breathing deeply.

**Warm up-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3      Distance:** 1000 Meters      **Pull Rate:** less than 25      **Stretch from head to toe**

**Main Set: Pacing Pyramids**

**Load Level: 5      Pull Rate: 25 plus**

500 Meters at Critical Speed plus 10 seconds – Rest 1 Minute

500 Meters at Critical Speed plus 5 seconds – Rest 1 Minute

500 Meters at Critical Speed – Rest 1 Minute

Repeat 2 Times – Strive to hold goal pace for all three intervals; hold yourself accountable here!

**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3      Distance:** 1000 Meters      **Pull Rate:** less than 25      **Stretch from head to toe**

- **Complete Racing Solutions Bike: Pacing Intervals (30 Minutes)**

**Misc. Notes:** take your most up to date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 2**. Once you are finished with your warmup, your goal is to settle into your HR Z2 (no higher or lower) and complete a 10 minute "interval". Once you settle into this intensity zone, focus on your belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your HR Z2. During your 5-minute rest interval, spin easy and allow your HR to get back into HR Z1.

**Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 10 minutes

**Gearing:** small chain ring up front, middle rear gearing

**Cadence:** 80-85 (no higher/lower)

**Misc.:** stretch and hydrate before moving into your main set

**Main Set: Heart Rate Pyramids: 3 x 5 Minutes**

Settle into HR Z2 and maintain for 4 minutes

Recover by spinning easy for 1 minute in HR Z1 (no higher for optimum recovery)

**Warm Down-HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes

**Gearing:** the easiest combination that allows for 85-90 cadence & HR Z1

**Cadence:** 85-90

**Misc.:** don't dismount until your heart rate is within HR Z1

- **(Immediately following your above workout) Complete Racing Solutions Abdominal & Lower Back Work**

**Workout notes:** complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

**Push Up-Knee to Shoulder:** [how to video](#)

**Abdominal Chris Cross:** [how to video](#)

**Abdominal Open Rotation:** [how to video](#)

**Ab Hip Risers:** [how to video](#)

**Post Workout Protocols**

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.



## Tuesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

**Workout notes:** utilizing the same weight as last week; you will lift the weight both up and down over a four second window-four seconds up-four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. You want to refrain from sacrificing good form to complete the set count; this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)**

### Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

## Wednesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **Choose one of the following for your morning workout:**

- **Complete Racing Solutions Row: Incremental Pacing Intervals (30 Minutes)**

**Misc. Notes:** pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z2 easily visible for quick reference and maximum productivity.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Warm up-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Display: Distance Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe**

### Main Set: Pacing Pyramids

**Load Level: 5 Pull Rate: 25 plus**

1500 Meter at low end of HR Z2 (no rest right into the next 1000 meters)

1500 Meter at high end of HR Z2 (no rest right into the next 1000 meters)

1500 Meter at low end of HR Z2 (no rest right into the next 1000 meters)

1500 Meter at high end of HR Z2 (no rest right into your cool down)

**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3 Distance: 1000 Meters Pull Rate: less than 25 Stretch from head to toe**

- **Complete Racing Solutions Bike: Heart Rate Pyramid Workout (30 Minutes)**

**Misc. Notes:** you will need your HR numbers for Zone 2. During your main set you will begin at your low end of HR Z2 and every 1 minute you will increase your intensity/effort by 1 beat and then hold for 1 minute; continue going up the pyramid until you hit the upper range of HR Z2 (no higher). After you reach the high end of HR Z2, then walk back down the pyramid 1 beats at a time for 1-minute durations (the exact opposite you did walking up the pyramid).

**WARNING:** IF YOU PUSH TOO HARD TOO SOON, YOU WILL NOT BE ABLE TO COME BACK DOWN THE PYRAMID CORRECTLY.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Warm up-HR Zone 1:** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 5 minutes

**Gearing:** small chain ring up front, middle rear gearing

**Cadence:** 80-85 (no higher/lower)

**Misc.:** stretch and hydrate before moving into your main set

### Main Set: Heart Rate Pyramids: 20 Minutes

**Notes:** beginning at the lower end of HR Z2 hold for 1 minutes then bump up your intensity by 1 beat & hold for 1 minute. Repeat until you hit the upper end of HR Zone 2. Once you hit the upper end of HR Z2, come down by 1 beat every 1 minute until you hit your lower end of HR Z2. Continue going up and down the ladder until 20 minutes transpires.



**Warm Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes

**Cadence:** 85-90

**Gearing:** the easiest combination that allows for 85-90 cadence & HR Z1

**Misc.:** don't dismount until your heart rate is within HR Z1

- **(Immediately following your above workout) Complete Racing Solutions Abdominal & Lower Back Work**

**Workout notes:** complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

**Push Up-Knee to Shoulder:** [how to video](#)

**Abdominal Open Rotation:** [how to video](#)

**Abdominal Criss Cross:** [how to video](#)

**Ab Hip Risers:** [how to video](#)

**Post Workout Protocols**

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

## Thursday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Super Slow Challenge**

**[Please use the spreadsheet and associated videos listed at the bottom of this document]**

**Workout notes:** utilizing the same weight as last week; you will lift the weight both up and down over a four second window-four seconds up-four seconds down to your starting point. If your muscles give out prior to hitting your goal count, be finished with that set. You want to refrain from sacrificing good form to complete the set count; this will only increase your risk of injury because of the momentum. If you are too fatigued to lift anymore, simply stop and move to your next exercise.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Sets: 2 Repetitions: 6 minimum/8 maximum (both upper and lower body)**

**Post Workout Protocols**

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

## Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**

- **Complete Rest Day**

**Misc. Notes** Take a few extra minutes each day this week and stretch your hips, quads and hamstrings. To facilitate your stretching efforts, roll each muscle group with a foam roller. The foam roller will create vasodilation of the blood vessels within the muscle tissue which will bring fresh oxygen plus any specialized cells such as leucocytes – white blood cells that kill any germs in your system; this avoids any downtime associated with an energy robbing virus. There are five different types of leukocytes, but they are all produced and derived from a multi-potent cell in the bone marrow known as hematopoietic stem cell. Also, by evaluating your resting heart rate every morning, you can identify when your body is under attack from a virus (this will be represented in the form of an elevated heart rate and an unusual drop in body weight).

- **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.



## Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Bike: 1 Mile Sprint Intervals (30 minutes)**

**Workout Notes:** to maximize your productivity, err on the side of easy for the 1-mile seated interval (HR Z2 should feel very comfortable). This will allow you the gap of maximum effort and speed for the 1-mile interval. During the interval, focus on optimized pedal mechanics to activate and engage all of the muscles that are available to facilitate riding fast (quads, gluts, calves, inner thighs, hips, lower back, core, etc.).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

### Warm up (HR Zone 1)

**Duration:** 2 miles

**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Stretches:** dismount & [stretch your lower body](#)

### Main Performance Block: 10 Miles

**1-mile (seated) HR Zone 2:** with your cadence between 70-80 & the tallest gearing combination that you push while staying within HR Zone 2, cover 1 mile as efficiently as possible.

**1-mile (seated) No HR Limitations:** capture the elapsed time it takes you to complete 1 mile interval as fast as you can; after you complete 1 mile, reduce the load levels and spin easy for 1 mile (1:1 Work to Rest Ratio).

**REPEAT 5X FOR A TOTAL OF 10 MILES**

### Warm down (HR Zone 2 or less)

**Duration:** 2 Miles (no shorter)

**Cadence:** 70-80 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

- **(Immediately following your bike workout) Complete Racing Solutions Abdominal & Lower Back Work**

**Workout notes:** complete each of the following exercises for 30 seconds with perfect form; your rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

**Push Up-Knee to Shoulder:** [how to video](#)

**Abdominal Criss Cross:** [how to video](#)

**Abdominal Open Rotation:** [how to video](#)

**Ab Hip Risers:** [how to video](#)

### Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

- **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.



## Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Row: 5 Minute Distance Challenge (30 Minutes)**

**Misc. Notes:** pull your up-to-date heart rate zones specific to the rower; you will need your specific numbers for HR Z2 easily visible for quick reference and maximum productivity.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction. Note: cold fluids absorb better than warm fluids helping hydration.

**Warm up-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Display: Distance    Load Level: 3    Distance: 1000 Meters    Pull Rate: less than 25    Stretch from head to toe**

### Main Set: Distance Challenge

**Load Level: 5    Pull Rate: 25 plus**

5 Minutes – Distance Covered at the upper end of HR Z2

Rest 5 Minutes – HR Z1 (no higher for maximum productivity)

Repeat 2 Times

Distance Covered Interval #1:

Distance Covered Interval #2:

**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3    Distance: 1000 Meters    Pull Rate: less than 25    Stretch from head to toe**

### Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **2 Hour Nap After Mid-Day Meal**

**Miss. Notes:** research has validated that your pituitary gland releases the greatest amount of hGH which is responsible for important elements like rebuilding muscle tissue and how lean you are – the two key elements of your strength to weight ratios. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein & fat (they only thing that satisfies your appetite).

- **Evening Protocols**

**Flexibility:** take 10 minutes and focus on your legs and lower body - [click here for a complete video list](#)

**Nutrition:** consume 8-10 ounces of cold/filtered water; consume a raw snack and meal.

<b>Super Slow Challenge</b>		
<b>Warm Up</b>		
<b>Concept 2™ Row or Spin on Bike - 15 minutes Easy (no shorter)</b>		
<b>CYCLE ONE</b>	<b>Date</b>	<b>Date</b>
<b>Single Leg Step onto Bench</b>		
<b>Weight (Moderate)</b>		
<b>Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Weight (Same as Set #1)</b>		
<b>Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Abdominal Crunch on Fit Ball w/Weight</b>		
<a href="#">Instructional Video: Abdominal Crunch on Fit Ball</a>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Weight (Same as Set #1)</b>		
<b>Rep 2 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Military Spiders Off Bench</b>		
<a href="#">Instructional Video: Military Spiders Off Bench</a>		
<b>As many as you can complete in 30 seconds</b>		
<b>CYCLE TWO</b>	<b>Date</b>	<b>Date</b>
<b>Single Leg - Good Mornings</b>		
<a href="#">Instructional Video: Single Leg Good Mornings</a>		
<b>Weight (Moderate)</b>		
<b>Reps – Right Leg (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Weight (Same as Set #1)</b>		
<b>Reps – Left Leg (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Pike-Push Ups on Fit Ball</b>		
<b>Note: Hands Shoulder Width Apart-Elbows at 90 Degrees at Bottom</b>		
<a href="#">Instructional Video: Pike-Push Ups on Fit Ball</a>		
<b>Rep 1 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Stretch &amp; move to next exercise</b>		
<b>Rep 2 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>(After Both Sets of Both Exercises ) Side Skaters</b>		
<a href="#">Instructional Video: Side Skaters</a>		
<b>As many as you can complete in 30 seconds</b>		
<b>Stretch &amp; move to next exercise</b>		



<b>Super Slow Challenge Continued</b>		
<b>CYCLE THREE</b>	<b>Date</b>	<b>Date</b>
<b>Bicep Curls w/Dumbbells (up to 90 Degree-no higher) – <a href="#">Instructional Video</a></b>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Weight (Same as Set #1)</b>		
<b>Rep 2 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Lat Pull Over-Triceps Extension</b>		
<b><a href="#">Instructional Video: Lat Pull Over-Triceps Extension</a></b>		
<b>Weight (Moderate)</b>		
<b>Rep 1 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Weight (Same as Set #1)</b>		
<b>Rep 2 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Jump Rope with Eyes Closed</b>		
<b><a href="#">Stars Instructional Video</a></b>		
<b>As many as you can complete in 30 seconds</b>		
<b>CYCLE FOUR</b>	<b>Date</b>	<b>Date</b>
<b>Arm &amp; Leg Extension</b>		
<b><a href="#">Instructional Video: Arm &amp; Leg Extension</a></b>		
<b>Weight (Light)</b>		
<b>Rep 1 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Weight (Same as Set #1)</b>		
<b>Rep 2 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Hanging Leg Lifts (Bring Your Knees to Your Chest)</b>		
<b>Rep 1 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Stretch &amp; move to next exercise</b>		
<b>Rep 2 (6-8 Reps: 4" count up and 4" count down)</b>		
<b>Military Spiders Off Bench</b>		
<b><a href="#">Instructional Video: Military Spiders Off Bench</a></b>		
<b>As many as you can complete in 30 seconds</b>		

<b>Super Slow Challenge Continued</b>		
<b>CYCLE FIVE</b>	<b>Date</b>	<b>Date</b>
<b>Single Leg Push Ups Off of Bench</b>		
<a href="#">Instructional Video: Single Leg Push Ups Off of Bench</a>		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Stretch & move to next exercise		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
<b>Single Leg Shoulder Press</b>		
<a href="#">Instructional Video: Single Leg Push Ups Off of Bench</a>		
Weight (Moderate)		
Rep 1 (6-8 Reps: 4" count up and 4" count down)		
Weight (Same as Set #1)		
Rep 2 (6-8 Reps: 4" count up and 4" count down)		
<b>Side Skaters</b>		
<a href="#">Instructional Video: Side Skaters</a>		
As many as you can complete in 30 seconds		
<a href="#">Instructional Video – Rowing</a>		
<b>2000 Meter Rowing</b>	<b>Date</b>	<b>Date</b>
Warm up for 200 Meters - Low Intensity (Damper Setting 2)		
<b>1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time</b>		
1 Minute Rest Interval		
<b>25 Pushups with your eyes closed</b>		
1 Minute Rest Interval		
<b>1000 Meters at 80-85% Effort (Damper Setting 5) - Elapsed Time</b>		
1 Minute Rest Interval		
<b>25 Pushups with your eyes closed</b>		
1 Minute Rest Interval		
<b>Bicycle Sprints</b>		
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
<b>Note: increase the load levels to MODERATE</b>	<b>Date</b>	<b>Date</b>
<b>4 Minute Interval at 80-85% Effort - Distance Covered</b>		
1 Minute Rest Interval		
<b>25 Pushups with your eyes closed</b>		
2 Minute Rest Interval		
<b>4 Minute Interval at 80-85% Effort - Distance Covered</b>		
1 Minute Rest Interval		
<b>25 Pushups with your eyes closed</b>		
2 Minute Rest Interval		