

University of Bristol Summer Conditioning

		Week 1					Week 2					Week 3					Week 4				
Session 1	Mode	Sets	Reps	Work Time	Rest Time	Set rest	Sets	Reps	Work Time	Rest Time	Set rest	Sets	Reps	Work Time	Rest Time	Set rest	Sets	Reps	Work Time	Rest Time	Set rest
		Run or Bike	1	6	2min fast	1 min OFF	N/A	1	7	2min fast	1 min OFF	N/A	1	8	2min fast	1 min OFF	N/A	1	9	2min fast	1 min OFF

Session 2	Run or Bike	1	3	4mins fast	2mins slow	3mins	1	3	4mins fast	2mins slow	3mins	1	4	4mins fast	2mins slow	3mins	1	4	4mins fast	2mins slow	3mins
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		Week 5					Week 6					Week 7					Week 8				
Session 1	Mode	Sets	Reps	Work Time	Rest Time	Set rest	Sets	Reps	Work Time	Rest Time	Set rest	Sets	Reps	Work Time	Rest Time	Set rest	Sets	Reps	Work Time	Rest Time	Set rest
		Run	3	6	30s ON	15s OFF	3mins	3	8	30s ON	15s OFF	3mins	3	10	30s ON	15s OFF	3mins	3	6	30s ON	15s OFF

Session 2	Run	1	5	3min ON	90sec OFF	N/A	1	6	3min ON	90sec OFF	N/A	1	8	3min ON	90sec OFF	N/A	1	5	3min ON	90sec OFF	N/A
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