

# XLATHLETE

## 10 Second Triphasic Bike Conditioning

Every rep will be performed for 10 seconds with maximum effort in this conditioning protocol. Select the number of reps being performed (between 8-12). Then select the rest time in between these reps (90s-50s). From there determine how many cycles the athlete will perform in the 10 seconds. This is based on what training program matches up with the training program you are running in the weight room. set up your bike with the appropriate fan and magnetic settings (if you have a magnetic bike). You will need to find the appropriate settings for your model bike. The athlete should complete the number of cycles prescribed on one of their legs in the 10 seconds. For example if I am training for power endurance, I will need 16-18 full cycles on my right leg and 16-18 on my left leg. Add resistance if the athlete gets over the prescribed cycles in 10 seconds. Take away resistance if they fall short of the number of cycles in 10 seconds.

### Reps to Complete:

8	9	10	11	12
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### Rest Time (Seconds):

90s	85s	80s	75s	70s	65s	60s	55s	50s
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### Number of Cycles Per 1 leg in 10 Sec based on Training Program

Training Program	Strength	Power	Speed
Number of Cycles on 1 Leg	12 or Less	16 to 18	22 to 26

Reps to Complete	Rest Time (Seconds)	Number of Cycles