



WEEK 1

42 minutes from 132 to 145 BPM

BPM CHART:

5 minutes @ 132-137 BPM (warmup)
7 minutes @ 145 BPM
1 minutes @ 137 BPM
7 minutes @ 145 BPM
1 minute @ 137 BPM
7 minutes @ 145 BPM
1 minute @ 137 BPM
7 minutes @ 145 BPM
1 minute @ 137 BPM
5 minutes @ 137-132 BPM (cooldown)

WEEK 2

46 minutes from 132 to 145 BPM

BPM CHART:

5 minutes @ 132-137 BPM (warmup)
8 minutes @ 145 BPM
1 minute @ 137 BPM
8 minutes @ 145 BPM
1 minute @ 137 BPM
8 minutes @ 145 BPM
1 minute @ 137 BPM
8 minutes @ 145 BPM
1 minute @ 137 BPM
8 minutes @ 145 BPM
1 minute @ 137 BPM
5 minutes @ 137-132 BPM (cooldown)

WEEK 3

50 minutes from 133 to 146 BPM

BPM CHART:

5 minutes @ 133-138 BPM (warmup)
9 minutes @ 146 BPM
1 minute @ 138 BPM
9 minutes @ 146 BPM
1 minute @ 138 BPM
9 minutes @ 146 BPM
1 minute @ 138 BPM
9 minutes @ 146 BPM
1 minute @ 138 BPM
9 minutes @ 146 BPM
1 minute @ 138 BPM
5 minutes @ 138-133 BPM (cooldown)

WEEK 4

54 minutes from 133 to 146 BPM

BPM CHART:

5 minutes @ 133-138 BPM (warmup)
10 minutes @ 146 BPM
1 minute @ 138 BPM
10 minutes @ 146 BPM
1 minute @ 138 BPM
10 minutes @ 146 BPM
1 minute @ 138 BPM
10 minutes @ 146 BPM
1 minute @ 138 BPM
5 minutes @ 138-133 BPM (cooldown)

WEEK 5

58 minutes from 134 to 147 BPM

BPM CHART:

5 minutes @ 134-139 BPM (warmup)
11 minutes @ 147 BPM
1 minute @ 139 BPM
11 minutes @ 147 BPM
1 minute @ 139 BPM
11 minutes @ 147 BPM
1 minute @ 139 BPM
11 minutes @ 147 BPM
1 minute @ 139 BPM
11 minutes @ 147 BPM
1 minute @ 139 BPM
5 minutes @ 139-134 BPM (cooldown)

WEEK 6

62 minutes from 134 to 147 BPM

BPM CHART:

5 minutes @ 134-139 BPM (warmup)
12 minutes @ 147 BPM
1 minute @ 139 BPM
12 minutes @ 147 BPM
1 minute @ 139 BPM
12 minutes @ 147 BPM
1 minute @ 139 BPM
12 minutes @ 147 BPM
1 minute @ 139 BPM
12 minutes @ 147 BPM
1 minute @ 139 BPM
5 minutes @ 139-134 BPM (cooldown)

WEEK 7

58 minutes from 135-148 BPM

BPM CHART:

5 minutes @ 135-140 BPM (warmup)
15 minutes @ 148 BPM
1 minute @ 140 BPM
15 minutes @ 148 BPM
1 minute @ 140 BPM
15 minutes @ 148 BPM
1 minute @ 140 BPM
5 minutes @ 140-135 BPM (cooldown)

WEEK 8

58 minutes from 135 to 148 BPM

BPM CHART:

5 minutes @ 135-140 BPM (warmup)
20 minutes @ 148 BPM
2 minutes @ 140 BPM
20 minutes @ 148 BPM
2 minutes @ 140 BPM
5 minutes @ 140-135 BPM (cooldown)

WEEK 9

62 minutes from 136 to 149 BPM

BPM CHART:

5 minutes @ 136-141 BPM (warmup)
25 minutes @ 149 BPM
1 minute @ 141 BPM
25 minutes @ 149 BPM
1 minute @ 141 BPM
5 minutes @ 141-136 BPM (cooldown)

WEEK 10 — GRADUATION!

60 minutes from 136 to 149 BPM

BPM CHART:

5 minutes @ 136-141 BPM (warmup)
50 minutes @ 149 BPM
5 minutes @ 141-136 BPM (cooldown)