

4 Week Exercise Bike Workout Plan

Week / Day	Workout	Requirements
Week 1		
Monday	LISS	30 Minutes
Wednesday	HIIT	15 Minutes
Friday	Distance	1500 Metres
Week 2		
Tuesday	HIIT	20 Minutes
Thursday	Distance	2000 Metres
Saturday	LISS	35 Minutes
Week 3		
Monday	Distance	2500 Metres
Wednesday	LISS	40 Minutes
Friday	HIIT	20 Minutes
Week 4		
Tuesday	HIIT	25 Minutes
Thursday	LISS	45 Minutes
Saturday	Distance	3000 Metres

For help with HIIT and LISS follow the links below:

HIIT: <https://www.exercise.co.uk/learn/the-definition-what-hiit-is-and-what-makes-it-effective/>

LISS: <https://www.exercise.co.uk/learn/liss-training/>