| | | | | Week | 1 | | Week 2 | | | | | Week 3 | | | | | | Week 4 | | | | |
|-----------|----------------|------|------|---------------|---------------|----------|--------|------|---------------|---------------|----------|--------|------|---------------|---------------|----------|------|--------|---------------|---------------|----------|--|
| n 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 | |
| Session | 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 | N/A | |
| 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 | | | | | |
|--------|------|------|------|--------|-----------|--------------|--------|------|--------|---------|----------|--------|------|--------|---------|-------------|------|--------|--------|---------|----------|--|--|
| | Mode | Sets | Reps | Work | Work Rest | Sot roct | Coto | Reps | Work | Rest | Set rest | Sets | Reps | Work | Rest | Set rest | Sata | Reps | Work | Rest | Set rest | | |
| ц Т | wode | Sets | | Time | Time | Seriest Sets | Sets | | Time | Time | | | | Time | Time | Set rest Se | Sets | | Time | Time | | | |
| Sessio | 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 | 3mins | | |

| 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 | |
|-----------|-----|---|---|------------|--------------|-----|---|---|------------|--------------|-----|---|---|------------|--------------|-----|---|---|------------|--------------|-----|--|
|-----------|-----|---|---|------------|--------------|-----|---|---|------------|--------------|-----|---|---|------------|--------------|-----|---|---|------------|--------------|-----|--|