

<b>Stationary Bike</b>		
<b>Time</b>	<b>RPM</b>	<b>Resistance</b>
<b>0-5 minutes</b>	<b>45</b>	<b>Low</b>
<b>5-10 minutes</b>	<b>75</b>	<b>Med</b>
<b>10-12 minutes</b>	<b>90</b>	<b>Med</b>
<b>12-15 minutes</b>	<b>76</b>	<b>Low</b>
<b>Go to Elliptical</b>		

<b>Elliptical</b>		
<b>Time</b>	<b>RPM</b>	<b>Resistance</b>
<b>0-3 minutes</b>	<b>130</b>	<b>4</b>
<b>3-6 minutes</b>	<b>140</b>	<b>6</b>
<b>6-9 minutes</b>	<b>140</b>	<b>8</b>
<b>9-12 minutes</b>	<b>130</b>	<b>6</b>
<b>12-15 minutes</b>	<b>130</b>	<b>5</b>
<b>Go to Treadmill</b>		

<b>Treadmill</b>		
<b>Time</b>	<b>RPM</b>	<b>Incline</b>
<b>0-4 minutes</b>	<b>4.0</b>	<b>5%</b>
<b>4-6 minutes</b>	<b>5.5</b>	<b>Even</b>
<b>6-7 minutes</b>	<b>7.0</b>	<b>Even</b>
<b>7-10 minutes</b>	<b>5.0</b>	<b>2.5%</b>
<b>Go to Stationary Bike</b>		

**Triathlon Workout Session – Treadmill, Stationary bike, Row machine (Freemotion)**

<b>Rowing (Freemotion) 15-35 lbs</b>	<b>Spinner RPM 45-65</b>	<b>Treadmill 0%-10%, RPM 4-6</b>
<b>20 Minutes</b>	<b>17.1 Miles</b>	<b>1.9 Miles</b>

**Biathlon Workout Session - Elliptical and Stationary Bike**

<b>Elliptical 5 minutes</b>	<b>Stationary Bike 5 Minutes</b>
<b>130 RPM</b>	<b>75 RPM</b>
<b>Go to Bike, repeat for 30 minutes</b>	<b>Go to Elliptical, repeat for 30 minutes</b>