



FOX FITNESS
TRAINING

■ PRO HOCKEY CYCLE INTERVALS #2

- This is one of the cycling interval programs used by the Florida Panthers.
- In each cycle, you will perform an interval of high effort resistance, followed by an interval of low effort resistance.
- For best performance, perform cardio workouts 4-6 hours after your weight workout to take advantage of neural excitation.
- For convenience, cardio workouts may be completed immediately after your resistance training session.
- Always finish with at least a 5 minute cool down.

DATE	CYCLE	HIGH RES.	LOW RES.	HIGH RES. TIME	LOW RES. TIME	SPEED
	1			60	60	90 RPM
	2			40	40	100 RPM
	3			20	20	110 RPM
	4			120	full recovery	70 RPM
	5			20	20	110 RPM
	6			40	40	100 RPM
	7			60	60	90 RPM
	8			120	full recovery	70 RPM
	9			60	60	90 RPM
	10			40	40	100 RPM
	11			20	20	110 RPM
	12			120	full recovery	70 RPM
	13			20	20	110 RPM
	14			40	40	100 RPM
	15			60	60	90 RPM
	16			120	full recovery	70 RPM

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