

30 DAYS PELETON WORKOUT PLAN



	Day 1	Day 2	Day 3	Day 4	Day 5
Warm up Block	20-30min RIDE	20min ABS 10min YOGA	30min HIIT RIDE	Rest Day or easy stertching	45min BOOTCAMP
Setting up your routine	10min ABS 20min YOGA	40min RIDE	Rest Day or easy stertching	30min HIIT RIDE	20min ABS 20min YOGA
Getting serious	50min BOOTCAMP	Rest Day or easy stertching	40min RIDE	10min ABS 20min YOGA	30min HIIT RIDE
In the zone	Rest Day or easy stertching	45min RIDE	20min ABS 20min YOGA	55min BOOTCAMP	Rest Day or easy stertching
Last push block	50min RIDE	20min ABS 20min YOGA	60min BOOTCAMP	Rest Day or easy stertching	40min RIDE
You did it!	20min ABS 20min YOGA	45min HIIT RIDE	Rest Day or easy stertching	50min RIDE	60min BOOTCAMP

