



The Burst is for those looking to push past their limits to go farther and faster than they've ever gone before. Each 8-week program is designed around your current level of fitness and helps you push through that elusive point you have struggled with in the past. Some call it the "wall", some call it the "bonk". We simply call it history as these programs are tailored by our heart rate and fitness experts to help you shed minutes and add miles.

INTERMEDIATE
DESIGNED FOR THOSE LOOKING TO RAMP UP THEIR TRAINING

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	5 min Warmup @ Burn Intervals: 2 min @ Burst/2 min @ Burn (6 Reps); 5 Min Cool Down	Cross Train	Rest	5 min Warmup @ Burn Intervals: 2 min @ Burst/2 min @ Burn (6 Reps); 5 Min Cool Down	35 min @ Burn	Rest	35 min @ Burn
2	5 min Warmup @ Burn Intervals: 2 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	Cross Train	35 min @ Burn	5 min Warmup @ Burn Intervals: 2 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	35 min @ Burn	Rest	35 min @ Burn
3	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	Cross Train	Rest	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	40 min @ Burn	Rest	40 min @ Burn
4	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (10 Reps); 5 Min Cool Down	Cross Train	Rest	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (10 Reps); 5 Min Cool Down	40 min @ Burn	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	40 min @ Burn
5	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (6 Reps); 5 Min Cool Down	Cross Train	Rest	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (6 Reps); 5 Min Cool Down	Rest	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	45 min @ Burn
6	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	Cross Train	Rest	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	45 min @ Burn	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	45 min @ Burn
7	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (10 Reps); 5 Min Cool Down	Cross Train	Rest	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (10 Reps); 5 Min Cool Down	Rest	5 min Warmup @ Burn Intervals: 3 min @ Burst/2 min @ Burn (10 Reps); 5 Min Cool Down	50 min @ Burn
8	5 min Warmup @ Burn Intervals: 4 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	Cross Train	Rest	5 min Warmup @ Burn Intervals: 4 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	50 min @ Burn	5 min Warmup @ Burn Intervals: 4 min @ Burst/2 min @ Burn (8 Reps); 5 Min Cool Down	50 min @ Burn

Each workout is sustained cardio for the allotted time at your Burn Number. You choose the sustained cardio workout that's best for you -- Wahoo has designed these plans for a variety of workout types including indoor and outdoor running, elliptical and stair climbing. Cross Train Days should feature a new workout type using different muscles -- lifting weights, playing basketball, swimming, etc. Don't worry about your heart rate on these days - just keep your body moving.