



3 x 12' of 15":15"

1. Warm Up

2' @ 150 watts

2' @ 180 watts

2' @ 250 watts

2' @ 150 watts

2. Set 1 = 12'

Fan Level **4** & Magnet Level **1**

24 efforts of **15"**

@ Power = 340+ watts

24 recovery periods of **15"**

@ Power = 220 watts

3. Recovery – 5' @ 100 watts

4. Set 2 = 12'

Fan Level **4** & Magnet Level **1**

24 efforts of **15"**

@ Power = 340+ watts

24 recovery periods of **15"**

@ Power = 220 watts

5. Recovery – 6' @ 100 watts

6. Set 3 = 12'

Fan Level **4** & Magnet Level **1**

24 efforts of **15"**

@ Power = 340+ watts

24 recovery periods of **15"**

@ Power = 220 watts

7. Cool-down – 5' @ 100watts

Session = 60'

