



30" 15" 20" Combo – 43' Session

1. Warm Up

2' @ 180 watts

2' @ 250 watts

2' @ 150 watts

2. Set 1 = 10'

Fan Level 4 & Magnet Level 1

10 efforts of **30"**

@ Power = 280+ watts

10 recovery periods of **30"**

@ Power = 200 watts

3. Recovery – 3' @ 100 watts

4. Set 2 = 10'

Fan Level 4 & Magnet Level 1

20 efforts of **15"**

@ Power = 280+ watts

20 recovery periods of **15"**

@ Power = 200 watts

5. Recovery – 4' @ 100 watts

6. Set 3 = 10'

Fan Level 4 & Magnet Level 1

a) 8 efforts of **20"**

@ Power = 280+ watts

7 recovery periods of **20"**

@ Power = 200 watts

b) 10 efforts of **20"**

@ Power = 280+ watts

10 recovery periods of **10"**

@ Power = 200 watts

Session = 43'

