



Top Up - Hard

- 1.** Warm Up 2' Moderate Effort
- 2.** 4 x 15" Hard Effort : 15" Easy
- 3.** 4 x 20" Hard Effort : 10" Easy
- 4.** Easy 1'
- 5.** 1' Hard Effort
- 6.** 4 x 90" Moderate Effort : 30" Easy Effort : 60" Maximal Effort

Session = 20'

