



Mixed Interval – 37'

Warm Up 2' Moderate Effort

1. 4 x 15" Hard Effort : 15" Easy Effort
2. 4x 20" Hard Effort : 10" Easy Effort
3. Easy Effort 1'
4. 3x 2' Hard Effort : 1" Easy Effort
5. 4 x 90" Moderate Effort : 30" Easy Effort : 1' All-Out Effort
6. 30" Easy Effort : 90" Very High Cadence/RPM Effort
7. 2' High Resistance Hill Climb
8. Easy Effort 1'
9. 2x 60" Hard Effort : 30" Moderate Effort
10. Easy Effort 1'

Session = 37'

