



Mixed Interval 43'

Warm Up 2' Moderate spin

1. 12' Block

4 x 1' Moderate Effort : 1' Easy Effort : 1' Hard Effort

2. 6' Block

20" Hard Effort : 40" Easy Effort

25" Hard Effort : 35" Easy Effort

30" Hard Effort : 30" Easy Effort

35" Hard Effort : 25" Easy Effort

40" Hard Effort : 20" Easy Effort

3. 1' Easy Effort

4. 2' Walk or Back Mobility or Foam Rolling

Repeat 1-4

Session = 43'

