



Top Up - Moderate

1. Warm Up 2' Moderate Effort
2. 4 x 15" Hard Effort : 15" Easy Effort
3. 4 x 20" Hard Effort : 10" Easy Effort
4. Easy Effort 1'
5. 3 x 2' Hard Effort : 1' Easy Effort
6. 3 x 45" Hard Effort : 15" Easy Effort
7. Easy Effort 1'

Session = 20'

