‘The Donlon’

2’ @ L1 > 95
2’ @ L2 > 95
2’ @ L3 > 95
2’ @ L4 > 95
2’ easy @ L1

Set One

15” @ L10 >100
45” easy @ L1 x 5

2’ easy @ L1

Set Two

15” @ L10 >100
45” easy @ L1 x 5

2’ easy @ L1

Set Three

30” hard : 30” easy @ L4 @ 105+
30” hard : 30” easy @ L5 @ 105+
30” hard : 30” easy @ L6 @ 102+
30” hard : 30” easy @ L7 @ 102+
30” hard : 30” easy @ L8 @ 100+

2’ easy @ L1

Set Four

10’ @ L3 >100

Set Five
4 sets of:
1’ Out of Saddle – Magnet 3-5 / L10
1’ easy @ L1
30” @ L4 @ 370+ Watts
30” easy @ L4
30” @ L4 @ 370+ Watts
30” easy @ L4
1’ easy @ L1

Set Six
8’ aerobic set:
L4 – 15” (330 watts) : 15” (220 watts)

2’ easy @ L1

Set Seven
4 sets of:
1’ Out of Saddle – Magnet 3-5 / L10
1’ easy @ L1
30” @ L4 @ 370+ Watts
30” easy @ L4
30” @ L4 @ 370+ Watts
30” easy @ L4
1’ easy @ L1

Set Eight
Own Cool Down of 10’

Session = 101’