



15" Anaerobic Intervals

1. 2' @ 150 watts

2' @ 180 watts

2' @ 250 watts

2' @ 100 watts

2. 12 x 15" HARD : 45" Easy

- *12 efforts of Hard 15" @ Fan Level 8- 10 & Magnet Level 5*
- *12 Easy recovery of 45" @ 50-100 watts*

3. 2' @ 100 watts

4. 3 x 15" HARD : 105" Easy

- *3 efforts of Hard 15" @ Fan Level 10 & Magnet Level 5*
- *3 easy Easy recovery of 105" @ 50-100 watts*

5. 6' @ 150 watts

Session = 28'

