



## 40":20" Anaerobic – 34'

1.

1' @ 150 watts

1' @ 250 watts

1' @ 150 watts

2.

40" Hard @ L6 } x15  
20" Easy/Roll }

3.

6' REST (Off the bike)

4.

40" Hard @ L6 } x10  
20" Easy/Roll }

Session = 34'

