



Combination Session 1

1. 2' @ L1 > 90RPM
2' @ L2 > 90RPM
2' @ L3 > 90RPM
1' @ L1 Easy

2. 15" @ L10 >100RPM
45" Easy @ L1 x 5

2' Easy @ L1

3. 15" @ L10 >100RPM
45" Easy @ L1 x 5

2' Easy @ L1

4. 30" Hard / 30" Easy @ L4 @ 105+RPM
30" Hard / 30" Easy @ L5 @ 105+RPM
30" Hard / 30" Easy @ L6 @ 102+RPM
30" Hard / 30" Easy @ L7 @ 102+RPM
30" Hard / 30" Easy @ L8 @ 100+RPM

2' Easy @ L1

5. 10 min @ L3 >100

5' cool down of choice

Session = 43'

