



## Combination Session 2

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

2. 15" @ L8 / Magnet 5  
45" @ L1 Easy  
x8

3' Easy @ L1

3. 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

5' cool down of choice

Session = 28'

