



## **Top Up – Hard 30'**

1. 2' Moderate spin
2. 4x 15" Hard Effort : 15" Easy
3. 4x 20" Hard Effort : 10" Easy
4. Roll Easy 1'
5. 3x 2' Hard Effort : 1' Easy
6. 4x 90" Moderate Effort : 30" Easy : 1' FLAT OUT
7. 30" Easy : 90" Super High Cadence

Session = 30'

