



Mixed Interval – 30' (1)

1. Warm Up 2' Moderate Effort
2. 4 x 45" Hard Effort : 15" Easy Effort
3. 8x 90" Hard Effort : 30" Easy Effort
4. Easy Effort 1'
5. 2 x 90" Hard: 15" Easy :30" Hard : 15" Easy
6. Easy Effort 2'

Session = 30'

