



Mixed Interval – 30' (2)

- 1. 2' Moderate Effort**
- 2. 4x 30" Hard Effort : 30" Easy**
- 3. 4x 90" Hard Effort : 30" Easy**
- 4. Easy 1'**
- 5. 3x 60" Hard Effort : 1' Moderate Effort : 1' Easy**
- 6. 4x 40" Hard Effort : 20" Easy**
- 7. Easy 2'**

Session = 30'

