



Mixed Interval – 30' (3)

- 1. 2' Moderate Effort**
- 2. 4x 10" Hard Effort : 20" Easy**
- 3. 4x 20" Hard Effort : 10" Easy**
- 4. Easy 1'**
- 5. 3x 2' Hard Effort : 1' Easy**
- 6. 4x 1' Moderate Effort : 1' Easy : 1' Hard Effort**
- 7. Easy 2'**

Session = 30'

