



Mixed Interval – 30' (4)

1. 6x 20" Hard Effort
 10" Easy
2. 6x 30" Hard Effort
 30" Easy
3. 6x 1min Hard Effort
 30" Easy
4. 6x 20" Hard Effort
 40" Easy
5. 6x 20" Hard Effort
 10" Easy

Session = 30'

