



Mixed Interval – 30' (5)

- 1. 4x 15" Hard Effort : 15" Easy**
- 2. 4x 20" Hard Effort : 10" Easy**
- 3. Easy 1'**
- 4. 3x 2' Hard Effort : 1' Easy**
- 5. 4x 90" Moderate Effort : 30" Easy : 1' Max Effort**
- 6. 30" Easy : 90" Extra High Cadence**

Session = 30'

