



Mixed Interval – 32'

1. 2' Moderate Effort
2. 4x 1' Moderate Effort : 1' Easy : 1' Hard Effort
3. 4x 10" Hard Effort : 20" Easy
4. 20" Hard Effort : 40" Easy
25" Hard Effort : 35" Easy
30" Hard Effort : 30" Easy
35" Hard Effort : 25" Easy
40" Hard Effort : 20" Easy
- 1' Easy
5. 2x 90" Hard Effort : 30" Easy
- 1' Easy
6. 2' Hard Effort : 1' Easy
7. 2' Easy

Session = 32'

