



## Mixed Interval – 40'

1. 2' Moderate Effort
2. 4x 1' Hard 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  
45" Hard Effort : 15" Easy  
*Work Back Up Pyramid starting with 45"Hard Effort :15" Easy*
5. Easy 1'
6. 2x 90" Hard Effort : 30" Easy
7. Easy 1'
8. 2' Hard Effort : 1' Easy
9. 3' Cooldown of choice

Session = 40'

