



Mixed Interval – 48'

1. 2' Moderate Effort
2. 5x 30" Hard Effort : 30" Easy
3. 5x 60" Hard Effort : 30" Moderate Effort : 30" Easy
1' Easy
4. 3x 90" Hard Effort Out Of Saddle : 30" Easy
5. 4x 10" Hard Effort : 20" Easy
6.
30" Hard Effort : 90" Easy
60" Hard Effort : 60" Easy
45" Hard Effort (Out Of Saddle): 45" Easy
90" Hard Effort : 30" Easy
60" Hard Effort : 60" Easy
2' Hard Effort : 30" Easy
1' Hard Effort (Out Of Saddle) : 30" Easy
45" Hard Effort : 45" Easy
1' Easy
7. 2x 90" Hard Effort : 30" Easy
3' Easy

Session = 48'

