

XLathlete.com

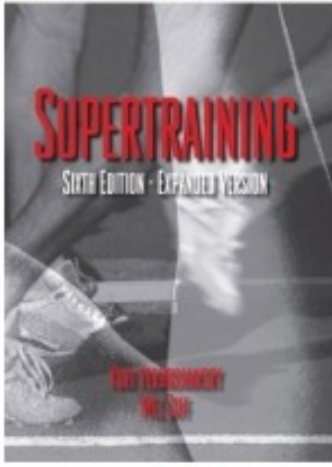
This is a 25 Minute Cardiovascular Bike Workout

Time	Intensity	Level	RPM
25:00-23:00	25%		80+
23:00-22:15	35%		90+
22:15-22:00	35%		80+
22:00-21:30	35%		110+
21:30-21:00	35%		80+
21:00-20:45	35%		120+
20:45-20:30	35%		80+
20:30-20:00	35%		110+
20:00-19:30	35%		80+
19:30-18:45	35%		90+
18:45-18:30	35%		80+
18:30-17:30	25%		70+
17:30-15:30	25%		80+
15:30-14:45	35%		90+
14:45-14:30	35%		80+
14:30-14:00	35%		110+
14:00-13:30	35%		80+
13:30-13:15	35%		120+
13:15-13:00	35%		80+
13:00-12:30	35%		110+
12:30-12:00	35%		80+
12:00-11:15	35%		90+
11:45-11:00	35%		80+
11:00-10:00	25%		70+

Time	Intensity	Level	RPM
10:00-8:00	25%		80+
8:00-7:15	35%		90+
7:15-7:00	35%		80+
7:00-6:30	35%		110+
6:30-6:00	35%		80+
6:00-5:45	35%		120+
5:45-5:30	35%		80+
5:30-5:00	35%		110+
5:00-4:30	35%		80+
4:30-3:45	35%		90+
3:45-3:30	35%		80+
3:30-2:30	25%		70+
2:30-0:00	20%		60+

Write the bike resistance level in the space provided.

SUPERTRAINING



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