

XLathlete.com

This is a 25 Minute Cardiovascular Bike Workout

Time	Intensity	Level	RPM
0:00-2:00	25%		80+
2:00-2:45	35%		90+
2:45-3:00	35%		80+
3:00-3:30	35%		110+
3:30-4:00	35%		80+
4:00-4:15	35%		120+
4:15-4:30	35%		80+
4:30-5:00	35%		110+
5:00-5:30	35%		80+
5:30-6:15	35%		90+
6:15-6:30	35%		80+
6:30-7:30	25%		70+
7:30-9:30	25%		80+
9:30-10:15	35%		90+
10:15-10:30	35%		80+
10:30-11:00	35%		110+
11:00-11:30	35%		80+
11:30-11:45	35%		120+
11:45-12:00	35%		80+
12:00-12:30	35%		110+
12:30-13:00	35%		80+
13:00-13:45	35%		90+
13:45-14:00	35%		80+
14:00-15:00	25%		70+

Time	Intensity	Level	RPM
15:00-17:00	25%		80+
17:00-17:45	35%		90+
17:45-18:00	35%		80+
18:00-18:30	35%		110+
18:30-19:00	35%		80+
19:00-19:15	35%		120+
19:15-19:30	35%		80+
19:30-20:00	35%		110+
20:00-20:30	35%		80+
20:30-21:15	35%		90+
21:15-21:30	35%		80+
21:30-22:30	25%		70+
22:30-25:00	20%		60+

Write the bike resistance level in the space provided.



