

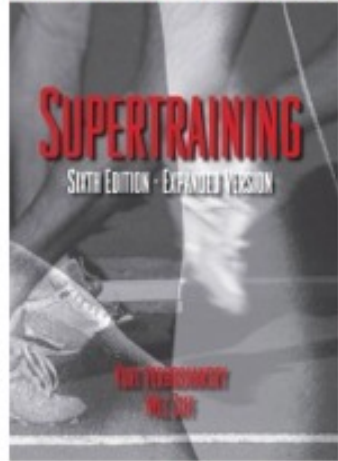
XLathlete.com

This is a 25 Minute Cardiovascular Bike Workout

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
25:00-22:00	35%		65
22:00-21:00	35%		85
21:00-20:00	35%		115
20:00-19:00	35%		85
19:00-18:00	35%		115
18:00-17:00	35%		85
17:00-16:00	35%		115
16:00-15:00	35%		85
15:00-14:00	35%		115
14:00-13:00	35%		85
13:00-12:00	35%		115
12:00-10:00	35%		75
10:00-9:00	35%		85
9:00-8:30	35%		125
8:30-7:30	35%		85
7:30-7:00	35%		125

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
7:00-6:00	35%		85
6:00-5:30	35%		125
5:30-4:30	35%		85
4:30-4:00	35%		125
4:00-3:00	35%		85
3:00-2:30	35%		125
2:30-0:00	20%		65

Write the bike
resistance level in the
space provided.



SUPERTRAINING
The Definitive
Training
Resource

New Expanded
6th Edition

At The **XL** Athlete Store

