

XLathlete.com

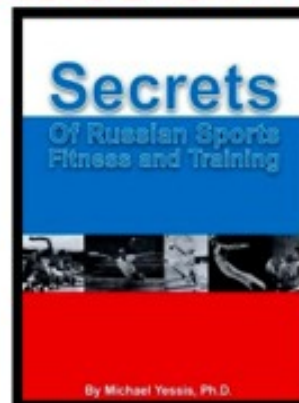
This is a 25 Minute Light Bike Workout

Time	Intensity	Level	RPM
25:00-23:00	25%		80+
23:00-22:45	35%		120+
22:45-22:00	35%		80+
22:00-21:45	35%		120+
21:45-21:00	35%		80+
21:00-20:45	35%		120+
20:45-20:00	35%		80+
20:00-19:45	35%		120+
19:45-19:00	35%		80+
19:00-18:45	35%		120+
18:45-18:00	35%		80+
18:00-15:30	25%		70+
15:30-15:15	35%		120+
15:15-14:30	35%		80+
14:30-14:15	35%		120+
14:15-13:30	35%		80+
13:30-13:15	35%		120+
13:15-12:30	35%		80+
12:30-12:15	35%		120+
12:15-11:30	35%		80+
11:30-11:15	35%		120+
11:15-10:30	35%		80+
10:30-8:00	25%		70+

Time	Intensity	Level	RPM
8:00-7:45	35%		120+
7:45-7:00	35%		80+
7:00-6:45	35%		120+
6:45-6:00	35%		80+
6:00-5:45	35%		120+
5:45-5:00	35%		80+
5:00-4:45	35%		120+
4:45-4:00	35%		80+
4:00-3:45	35%		120+
3:45-3:00	35%		80+
3:00-0:00	20%		60+

Write the bike resistance level in the space provided.

Secrets Of Russian Training



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At The XL Athlete Store

