

XLathlete.com

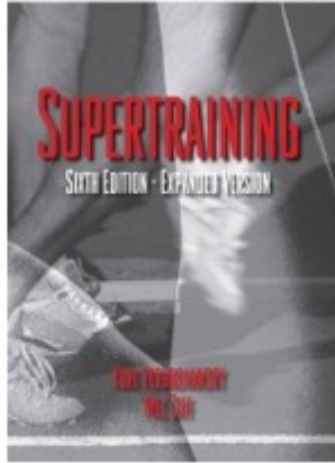
This is a 25 Minute Light Bike Workout

Time	Intensity	Level	RPM
0:00-2:00	25%		80+
2:00-2:15	35%		120+
2:15-3:00	35%		80+
3:00-3:15	35%		120+
3:15-4:00	35%		80+
4:00-4:15	35%		120+
4:15-5:00	35%		80+
5:00-5:15	35%		120+
5:15-6:00	35%		80+
6:00-6:15	35%		120+
6:15-7:00	35%		80+
7:00-9:30	25%		70+
9:30-9:45	35%		120+
9:45-10:30	35%		80+
10:30-10:45	35%		120+
10:45-11:30	35%		80+
11:30-11:45	35%		120+
11:45-12:30	35%		80+
12:30-12:45	35%		120+
12:45-13:30	35%		80+
13:30-13:45	35%		120+
13:45-14:30	35%		80+
14:30-17:00	25%		70+

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

Write the bike resistance level in the space provided.

SUPERTRAINING



The Definitive Training Resource

New Expanded 6th Edition

At The **XL** Athlete Store

