

# XLathlete.com

This is a 27 Minute Interval Bike Workout Level 3

| Time        | Intensity | Level | RPM   |
|-------------|-----------|-------|-------|
| 27:00-24:00 | 20%       |       | 50-60 |
| 24:00-23:15 | 50%       |       | 80    |
| 23:15-22:45 | 25%       |       | 50-60 |
| 22:45-21:00 | 50%       |       | 80    |
| 21:00-20:30 | 25%       |       | 50-60 |
| 20:30-19:15 | 50%       |       | 80    |
| 19:15-18:45 | 25%       |       | 50-60 |
| 18:45-17:00 | 50%       |       | 80    |
| 17:00-16:30 | 25%       |       | 50-60 |
| 16:30-15:00 | 60%       |       | 80    |
| 15:00-14:00 | 25%       |       | 50-60 |
| 14:00-13:30 | 60%       |       | 80    |
| 13:30-12:30 | 25%       |       | 50-60 |
| 12:30-11:00 | 60%       |       | 80    |
| 11:00-10:00 | 25%       |       | 50-60 |
| 10:00-9:30  | 60%       |       | 80    |
| 9:30-8:30   | 25%       |       | 50-60 |
| 8:30-8:00   | 60%       |       | 80    |
| 8:00-7:00   | 25%       |       | 50-60 |
| 7:00-6:30   | 60%       |       | 80    |
| 6:30-5:30   | 25%       |       | 50-60 |
| 5:30-5:15   | 70%       |       | 100   |

| Time      | Intensity | Level | RPM   |
|-----------|-----------|-------|-------|
| 5:15-4:45 | 25%       |       | 50-60 |
| 4:45-4:30 | 70%       |       | 100   |
| 4:30-4:00 | 25%       |       | 50-60 |
| 4:00-3:45 | 70%       |       | 100   |
| 3:45-3:15 | 25%       |       | 50-60 |
| 3:15-3:00 | 70%       |       | 100   |
| 3:00-2:30 | 25%       |       | 50-60 |
| 2:30-2:15 | 70%       |       | 100   |
| 2:15-0:00 | 25%       |       | 50-60 |

Write the bike resistance level in the space provided.

## Customize Your Gym



At The **XL** Athlete Store