

XLathlete.com

This is a 27 Minute Interval Bike Workout Level 5

Time	Intensity	Level	RPM
27:00-24:00	20%		60-70
24:00-23:15	50%		90
23:15-22:45	25%		60-70
22:45-21:00	50%		90
21:00-20:30	25%		60-70
20:30-19:15	50%		90
19:15-18:45	25%		60-70
18:45-17:00	50%		90
17:00-16:30	25%		60-70
16:30-15:00	60%		90
15:00-14:00	25%		60-70
14:00-13:30	60%		90
13:30-12:30	25%		60-70
12:30-11:00	60%		90
11:00-10:00	25%		60-70
10:00-9:30	60%		90
9:30-8:30	25%		60-70
8:30-8:00	60%		90
8:00-7:00	25%		60-70
7:00-6:30	60%		90
6:30-5:30	25%		60-70
5:30-5:15	70%		110

Time	Intensity	Level	RPM
5:15-4:45	25%		60-70
4:45-4:30	70%		110
4:30-4:00	25%		60-70
4:00-3:45	70%		110
3:45-3:15	25%		60-70
3:15-3:00	70%		110
3:00-2:30	25%		60-70
2:30-2:15	70%		110
2:15-0:00	25%		60-70

Write the bike resistance level in the space provided.

Strength Training Clinics



At The XL Athlete Store