

XLathlete.com

This is a 27 Minute Interval Bike Workout Level 7

Time	Intensity	Level	RPM
27:00-24:00	20%		70-80
24:00-23:15	50%		100+
23:15-22:45	25%		70-80
22:45-21:00	50%		100+
21:00-20:30	25%		70-80
20:30-19:15	50%		100+
19:15-18:45	25%		70-80
18:45-17:00	50%		100+
17:00-16:30	25%		70-80
16:30-15:00	60%		100+
15:00-14:00	25%		70-80
14:00-13:30	60%		100+
13:30-12:30	25%		70-80
12:30-11:00	60%		100+
11:00-10:00	25%		70-80
10:00-9:30	60%		100+
9:30-8:30	25%		70-80
8:30-8:00	60%		100+
8:00-7:00	25%		70-80
7:00-6:30	60%		100+
6:30-5:30	25%		70-80
5:30-5:15	70%		120

Time	Intensity	Level	RPM
5:15-4:45	25%		70-80
4:45-4:30	70%		120
4:30-4:00	25%		70-80
4:00-3:45	70%		120
3:45-3:15	25%		70-80
3:15-3:00	70%		120
3:00-2:30	25%		70-80
2:30-2:15	70%		120
2:15-0:00	25%		70-80

Write the bike resistance level in the space provided.

