

XLathlete.com

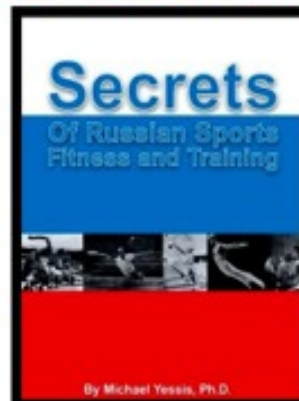
This is a 27 Minute Interval Bike Workout Level 7

Time	Intensity	Level	RPM
0:00-3:00	20%		70-80
3:00-3:45	50%		100+
3:45-5:15	25%		70-80
5:15-6:00	50%		100+
6:00-7:30	25%		70-80
7:30-8:15	50%		100+
8:15-9:45	25%		70-80
9:45-10:30	50%		100+
10:30-12:00	25%		70-80
12:00-12:30	60%		100+
12:30-13:30	25%		70-80
13:30-14:00	60%		100+
14:00-15:00	25%		70-80
15:00-15:30	60%		100+
15:30-16:30	25%		70-80
16:30-17:00	60%		100+
17:00-18:00	25%		70-80
18:00-18:30	60%		100+
18:30-19:30	25%		70-80
19:30-20:00	60%		100+
20:00-21:00	25%		70-80
21:00-21:15	70%		120+
21:15-21:45	25%		70-80

Time	Intensity	Level	RPM
21:45-22:00	70%		120+
22:00-22:30	25%		70-80
22:30-22:45	70%		120+
22:45-23:15	25%		70-80
23:15-23:30	70%		120+
23:30-24:00	25%		70-80
24:00-24:15	70%		120+
24:15-24:45	25%		70-80
24:45-25:00	70%		120+
25:00-27:00	25%		70-80

Write the bike resistance level in the space provided.

Secrets Of Russian Training



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