

XLathlete.com

This is a 32 Minute Interval Bike Workout Level 3

Time	Intensity	Level	RPM
32:00-28:30	20%		50-60
28:30-27:45	50%		80
27:45-26:15	25%		50-60
26:15-25:30	50%		80
25:30-24:00	25%		50-60
24:00-23:15	50%		80
23:15-21:45	25%		50-60
21:45-21:00	50%		80
21:00-19:30	25%		50-60
19:30-19:00	60%		80
19:00-18:00	25%		50-60
18:00-17:30	60%		80
17:30-16:30	25%		50-60
16:30-16:00	60%		80
16:00-15:00	25%		50-60
15:00-14:30	60%		80
14:30-13:30	25%		50-60
13:30-13:00	60%		80
13:00-12:00	25%		50-60
12:00-11:30	60%		80
11:30-10:30	25%		50-60
10:30-10:15	70%		100
10:15-9:45	25%		50-60
9:45-9:30	70%		100
9:30-9:00	25%		50-60
9:00-8:45	70%		100
8:45-8:15	25%		50-60
8:15-8:00	70%		100
8:00-7:30	25%		50-60
7:30-7:15	70%		100

Time	Intensity	Level	RPM
7:15-6:45	25%		50-60
6:45-6:30	70%		100
6:30-6:00	25%		50-60
6:00-5:45	70%		100
5:45-5:15	25%		50-60
5:15-5:00	70%		100
5:00-4:30	25%		50-60
4:30-4:15	70%		100
4:15-3:45	25%		50-60
3:45-3:30	70%		100
3:30-3:00	25%		50-60
3:00-0:00	25%		50-60

Write the bike resistance level in the space provided.

Customize Your Gym



At The **XL** Athlete Store

