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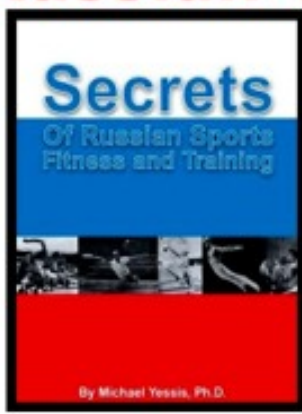
This is a 32 Minute Interval Bike Workout Level 3

Time	Intensity	Level	RPM
0:00-3:00	20%		50-60
3:00-3:45	50%		80
3:45-5:15	25%		50-60
5:15-6:00	50%		80
6:00-7:30	25%		50-60
7:30-8:15	50%		80
8:15-9:45	25%		50-60
9:45-10:30	50%		80
10:30-12:00	25%		50-60
12:00-12:30	60%		80
12:30-13:30	25%		50-60
13:30-14:00	60%		80
14:00-15:00	25%		50-60
15:00-15:30	60%		80
15:30-16:30	25%		50-60
16:30-17:00	60%		80
17:00-18:00	25%		50-60
18:00-18:30	60%		80
18:30-19:30	25%		50-60
19:30-20:00	60%		80
20:00-21:00	25%		50-60
21:00-21:15	70%		100
21:15-21:45	25%		50-60
21:45-22:00	70%		100
22:00-22:30	25%		50-60
22:30-22:45	70%		100
22:45-23:15	25%		50-60
23:15-23:30	70%		100
23:30-24:00	25%		50-60
24:00-24:15	70%		100

Time	Intensity	Level	RPM
24:15-24:45	25%		50-60
24:45-25:00	70%		100
25:00-25:30	25%		50-60
25:30-25:45	70%		100
25:45-26:15	25%		50-60
26:15-26:30	70%		100
26:30-27:00	25%		50-60
27:00-27:15	70%		100
27:15-27:45	25%		50-60
27:45-28:00	70%		100
28:00-28:30	25%		50-60
28:30-32:00	25%		50-60

Write the bike resistance level in the space provided.

Secrets Of Russian Training



Methods Of A Sports Empire

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