

XLathlete.com

This is a 32 Minute Interval Bike Workout Level 5

Time	Intensity	Level	RPM
0:00-3:00	20%		60-70
3:00-3:45	50%		90
3:45-5:15	25%		60-70
5:15-6:00	50%		90
6:00-7:30	25%		60-70
7:30-8:15	50%		90
8:15-9:45	25%		60-70
9:45-10:30	50%		90
10:30-12:00	25%		60-70
12:00-12:30	60%		90
12:30-13:30	25%		60-70
13:30-14:00	60%		90
14:00-15:00	25%		60-70
15:00-15:30	60%		90
15:30-16:30	25%		60-70
16:30-17:00	60%		90
17:00-18:00	25%		60-70
18:00-18:30	60%		90
18:30-19:30	25%		60-70
19:30-20:00	60%		90
20:00-21:00	25%		60-70
21:00-21:15	70%		110
21:15-21:45	25%		60-70
21:45-22:00	70%		110
22:00-22:30	25%		60-70
22:30-22:45	70%		110
22:45-23:15	25%		60-70
23:15-23:30	70%		110
23:30-24:00	25%		60-70
24:00-24:15	70%		110

Time	Intensity	Level	RPM
24:15-24:45	25%		60-70
24:45-25:00	70%		110
25:00-25:30	25%		60-70
25:30-25:45	70%		110
25:45-26:15	25%		60-70
26:15-26:30	70%		110
26:30-27:00	25%		60-70
27:00-27:15	70%		110
27:15-27:45	25%		60-70
27:45-28:00	70%		110
28:00-28:30	25%		60-70
28:30-32:00	25%		60-70

Write the bike resistance level in the space provided.

Strength Training Clinics



At The XL Athlete Store

