

XLathlete.com

This is a 37 Minute Interval Bike Workout Level 3

Time	Intensity	Level	RPM
37:00-34:00	20%		50-60
34:00-33:00	80%		80
33:00-32:00	35%		50-60
32:00-31:00	80%		80
31:00-30:00	35%		50-60
30:00-29:00	80%		80
29:00-28:00	35%		50-60
28:00-27:00	80%		80
27:00-26:00	35%		50-60
26:00-25:00	80%		80
25:00-24:00	35%		50-60
24:00-22:00	70%		80
22:00-21:00	90%		50-60
21:00-20:00	50%		80
20:00-19:00	90%		50-60
19:00-18:00	50%		80
18:00-17:00	90%		50-60
17:00-16:00	50%		80
16:00-15:00	90%		50-60
15:00-14:00	50%		80
14:00-13:00	90%		50-60
13:00-12:00	50%		100

Time	Intensity	Level	RPM
12:00-10:00	20%		50-60
10:00-9:30	100%		100
9:30-8:00	50%		50-60
8:00-7:30	100%		100
7:30-6:00	50%		50-60
6:00-5:30	100%		100
5:30-4:00	50%		50-60
4:00-3:30	100%		100
3:30-2:00	50%		50-60
2:00-0:00	25%		50-60

Write the bike resistance level in the space provided.

Customize Your Gym



At The **XL** Athlete Store