

# XLathlete.com

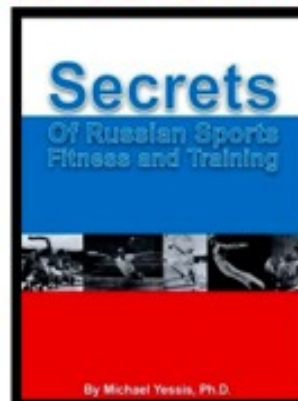
This is a 37 Minute Interval Bike Workout Level 3

| Time        | Intensity | Level | RPM   |
|-------------|-----------|-------|-------|
| 0:00-3:00   | 20%       |       | 50-60 |
| 3:00-4:00   | 80%       |       | 80    |
| 4:00-5:00   | 35%       |       | 50-60 |
| 5:00-6:00   | 80%       |       | 80    |
| 6:00-7:00   | 35%       |       | 50-60 |
| 7:00-8:00   | 80%       |       | 80    |
| 8:00-9:00   | 35%       |       | 50-60 |
| 9:00-10:00  | 80%       |       | 80    |
| 10:00-11:00 | 35%       |       | 50-60 |
| 11:00-12:00 | 80%       |       | 80    |
| 12:00-13:00 | 35%       |       | 50-60 |
| 13:00-15:00 | 70%       |       | 80    |
| 15:00-16:00 | 90%       |       | 50-60 |
| 16:00-17:00 | 50%       |       | 80    |
| 17:00-18:00 | 90%       |       | 50-60 |
| 18:00-19:00 | 50%       |       | 80    |
| 19:00-20:00 | 90%       |       | 50-60 |
| 20:00-21:00 | 50%       |       | 80    |
| 21:00-22:00 | 90%       |       | 50-60 |
| 22:00-23:00 | 50%       |       | 80    |
| 23:00-24:00 | 90%       |       | 50-60 |
| 24:00-25:00 | 50%       |       | 100   |

| Time        | Intensity | Level | RPM   |
|-------------|-----------|-------|-------|
| 25:00-27:00 | 20%       |       | 50-60 |
| 27:00-27:30 | 100%      |       | 100   |
| 27:30-29:00 | 50%       |       | 50-60 |
| 29:00-29:30 | 100%      |       | 100   |
| 29:30-31:00 | 50%       |       | 50-60 |
| 31:00-31:30 | 100%      |       | 100   |
| 31:30-33:00 | 50%       |       | 50-60 |
| 33:00-33:30 | 100%      |       | 100   |
| 33:30-35:00 | 50%       |       | 50-60 |
| 35:00-37:00 | 25%       |       | 50-60 |

Write the bike resistance level in the space provided.

## Secrets Of Russian Training



Methods  
Of A  
Sports  
Empire

At The XL Athlete Store