

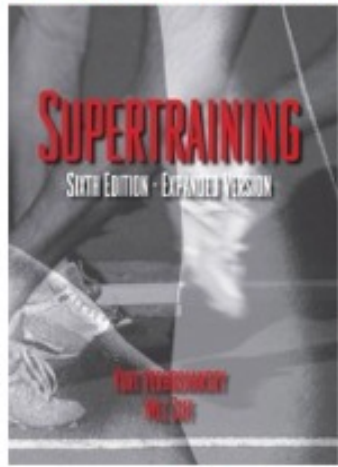
XLathlete.com

This is a 37 Minute Interval Bike Workout Level 5

Time	Intensity	Level	RPM
0:00-3:00	20%		60-70
3:00-4:00	80%		90
4:00-5:00	35%		60-70
5:00-6:00	80%		90
6:00-7:00	35%		60-70
7:00-8:00	80%		90
8:00-9:00	35%		60-70
9:00-10:00	80%		90
10:00-11:00	35%		60-70
11:00-12:00	80%		90
12:00-13:00	35%		60-70
13:00-15:00	70%		90
15:00-16:00	90%		60-70
16:00-17:00	50%		90
17:00-18:00	90%		60-70
18:00-19:00	50%		90
19:00-20:00	90%		60-70
20:00-21:00	50%		90
21:00-22:00	90%		60-70
22:00-23:00	50%		90
23:00-24:00	90%		60-70
24:00-25:00	50%		110

Time	Intensity	Level	RPM
25:00-27:00	20%		60-70
27:00-27:30	100%		110
27:30-29:00	50%		60-70
29:00-29:30	100%		110
29:30-31:00	50%		60-70
31:00-31:30	100%		110
31:30-33:00	50%		60-70
33:00-33:30	100%		110
33:30-35:00	50%		60-70
35:00-37:00	25%		60-70

Write the bike resistance level in the space provided.



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