

XLathlete.com

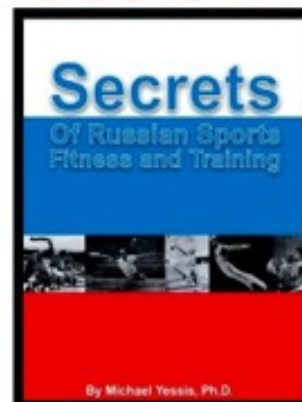
This is a 37 Minute Interval Bike Workout Level 7

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
37:00-34:00	20%		70-80
34:00-33:00	80%		100+
33:00-32:00	35%		70-80
32:00-31:00	80%		100+
31:00-30:00	35%		70-80
30:00-29:00	80%		100+
29:00-28:00	35%		70-80
28:00-27:00	80%		100+
27:00-26:00	35%		70-80
26:00-25:00	80%		100+
25:00-24:00	35%		70-80
24:00-22:00	60%		70-80
22:00-21:00	90%		110+
21:00-20:00	50%		70-80
20:00-19:00	90%		110+
19:00-18:00	50%		70-80
18:00-17:00	90%		110+
17:00-16:00	50%		70-80
16:00-15:00	90%		110+
15:00-14:00	50%		70-80
14:00-13:00	90%		110+
13:00-12:00	50%		70-80

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
12:00-10:00	60%		70-80
10:00-9:30	100%		120+
9:30-8:00	50%		70-80
8:00-7:30	100%		120+
7:30-6:00	50%		70-80
6:00-5:30	100%		120+
5:30-4:00	50%		70-80
4:00-3:30	100%		120+
3:30-2:00	50%		70-80
2:00-0:00	30%		70-80

Write the bike resistance level in the space provided.

Secrets Of Russian Training



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