

XLathlete.com

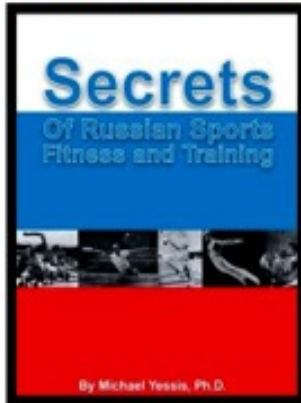
This is a 40 Minute Cardiovascular Bike Workout

Time	Intensity	Level	RPM
40:00-38:00	25%		80+
38:00-37:00	35%		100+
37:00-36:00	35%		70+
36:00-35:00	35%		100+
35:00-34:00	35%		70+
34:00-33:00	35%		100+
33:00-32:00	35%		70+
32:00-31:00	35%		100+
31:00-30:00	35%		70+
30:00-29:00	35%		100+
29:00-28:00	35%		70+
28:00-27:00	35%		100+
27:00-26:00	35%		70+
26:00-25:00	35%		100+
25:00-24:00	35%		70+
24:00-23:00	35%		100+
23:00-22:00	35%		70+
22:00-21:30	35%		110+
21:30-21:00	35%		70+
21:00-20:30	35%		110+
20:30-20:00	35%		70+
20:00-19:30	35%		110+
19:30-19:00	35%		70+
19:00-18:30	35%		110+
18:30-18:00	35%		70+
18:00-17:30	35%		110+
17:30-17:00	35%		70+
17:00-16:30	35%		110+
16:30-16:00	35%		70+
16:00-15:45	35%		120+
15:45-15:00	35%		70+
15:00-14:45	35%		120+
14:45-14:00	35%		70+
14:00-13:45	35%		120+
13:45-13:00	35%		70+
13:00-12:45	35%		120+
12:45-12:00	35%		70+
12:00-11:45	35%		120+
11:45-11:00	35%		70+
11:00-10:45	35%		120+
10:45-10:00	35%		70+
10:00-9:45	35%		120+
9:45-9:00	35%		70+

Time	Intensity	Level	RPM
9:00-8:45	35%		120+
8:45-8:00	35%		70+
8:00-7:30	35%		110+
7:30-7:00	35%		70+
7:00-6:30	35%		110+
6:30-6:00	35%		70+
6:00-5:30	35%		110+
5:30-5:00	35%		70+
5:00-4:30	35%		110+
4:30-4:00	35%		70+
4:00-3:30	35%		110+
3:30-3:00	35%		70+
3:00-2:30	35%		110+
2:30-2:00	35%		70+
2:00-0:00	20%		60+

Write the bike resistance level in the space provided.

Secrets Of Russian Training



Methods Of A Sports Empire

At The **XL** Athlete Store