

XLathlete.com

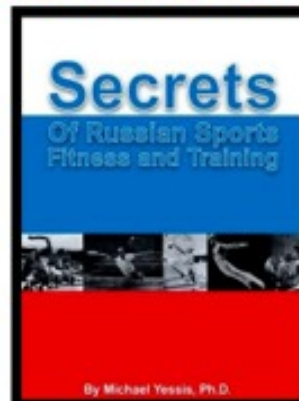
This is a 40 Minute Cardiovascular Bike Workout

Time	Intensity	Level	RPM
0:00-2:00	25%		80+
2:00-3:00	35%		100+
3:00-4:00	35%		70+
4:00-5:00	35%		100+
5:00-6:00	35%		70+
6:00-7:00	35%		100+
7:00-8:00	35%		70+
8:00-9:00	35%		100+
9:00-10:00	35%		70+
10:00-11:00	35%		100+
11:00-12:00	35%		70+
12:00-13:00	35%		100+
13:00-14:00	35%		70+
14:00-15:00	35%		100+
15:00-16:00	35%		70+
16:00-17:00	35%		100+
17:00-18:00	35%		70+
18:00-18:30	35%		110+
18:30-19:00	35%		70+
19:00-19:30	35%		110+
19:30-20:00	35%		70+
20:00-20:30	35%		110+
20:30-21:00	35%		70+
21:00-21:30	35%		110+
21:30-22:00	35%		70+
22:00-22:30	35%		110+
22:30-23:00	35%		70+
23:00-23:30	35%		110+
23:30-24:00	35%		70+
24:00-24:15	35%		120+
24:15-25:00	35%		70+
25:00-25:15	35%		120+
25:15-26:00	35%		70+
26:00-26:15	35%		120+
26:15-27:00	35%		70+
27:00-27:15	35%		120+
27:15-28:00	35%		70+
28:00-28:15	35%		120+
28:15-29:00	35%		70+
29:00-29:15	35%		120+
29:15-30:00	35%		70+
30:00-30:15	35%		120+
30:15-31:00	35%		70+

Time	Intensity	Level	RPM
31:00-31:15	35%		120+
31:15-32:00	35%		70+
32:00-32:30	35%		110+
32:30-33:00	35%		70+
33:00-33:30	35%		110+
33:30-34:00	35%		70+
34:00-34:30	35%		110+
34:30-35:00	35%		70+
35:00-35:30	35%		110+
35:30-36:00	35%		70+
36:00-36:30	35%		110+
36:30-37:00	35%		70+
37:00-37:30	35%		110+
37:30-38:00	35%		70+
38:00-40:00	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