

# XLathlete.com

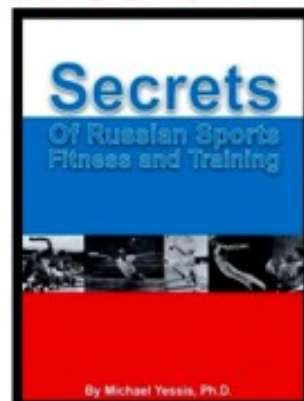
This is a 45 Minute Interval Bike Workout Level 3

| <u>Time</u> | <u>Intensity</u> | <u>Level</u> | <u>RPM</u> |
|-------------|------------------|--------------|------------|
| 45:00-42:00 | 30%              |              | 50-60      |
| 42:00-41:30 | 90%              |              | 80         |
| 41:30-37:30 | 50%              |              | 50-60      |
| 37:30-36:00 | 90%              |              | 80         |
| 36:00-33:00 | 50%              |              | 50-60      |
| 33:00-32:00 | 95%              |              | 80         |
| 32:00-30:00 | 45%              |              | 50-60      |
| 30:00-29:00 | 95%              |              | 80         |
| 29:00-27:00 | 45%              |              | 50-60      |
| 27:00-26:15 | 100%             |              | 100        |
| 26:15-24:45 | 50%              |              | 50-60      |
| 24:45-24:00 | 100%             |              | 100        |
| 24:00-22:30 | 50%              |              | 50-60      |
| 22:30-21:45 | 100%             |              | 100        |
| 21:45-20:15 | 50%              |              | 50-60      |
| 20:15-19:30 | 100%             |              | 100        |
| 19:30-18:00 | 50%              |              | 50-60      |
| 18:00-17:00 | 95%              |              | 80         |
| 17:00-15:00 | 45%              |              | 50-60      |
| 15:00-14:00 | 95%              |              | 80         |

| <u>Time</u> | <u>Intensity</u> | <u>Level</u> | <u>RPM</u> |
|-------------|------------------|--------------|------------|
| 14:00-12:00 | 45%              |              | 50-60      |
| 12:00-10:30 | 90%              |              | 80         |
| 10:30-7:30  | 50%              |              | 50-60      |
| 7:30-6:00   | 90%              |              | 80         |
| 6:00-3:00   | 50%              |              | 50-60      |
| 3:00-1:00   | 35%              |              | 50-60      |
| 1:00-0:00   | 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**