

XLathlete.com

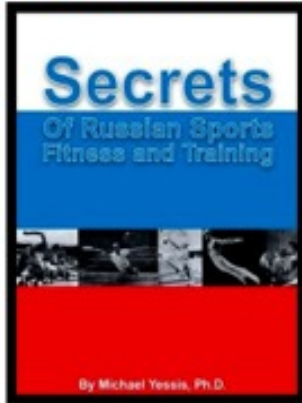
This is a 45 Minute Interval Bike Workout Level 3

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
0:00-3:00	30%		50-60
3:00-4:30	90%		80
4:30-7:30	50%		50-60
7:30-9:00	90%		80
9:00-12:00	50%		50-60
12:00-13:00	95%		80
13:00-15:00	45%		50-60
15:00-16:00	95%		80
16:00-18:00	45%		50-60
18:00-18:45	100%		100
18:45-20:15	50%		50-60
20:15-21:00	100%		100
21:00-22:30	50%		50-60
22:30-23:15	100%		100
23:15-24:45	50%		50-60
24:45-25:30	100%		100
25:30-27:00	50%		50-60
27:00-28:00	95%		80
28:00-30:00	45%		50-60
30:00-31:00	95%		80

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
31:00-33:00	45%		50-60
33:00-34:30	90%		80
34:30-37:30	50%		50-60
37:30-39:00	90%		80
39:00-42:00	50%		50-60
42:00-44:00	35%		50-60
44:00-45:00	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