

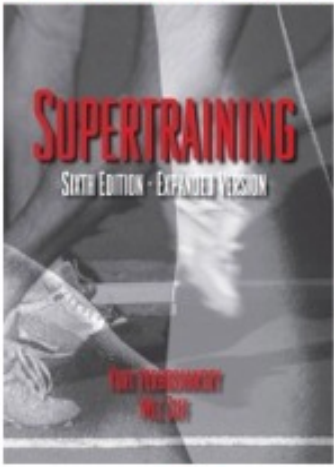
XLathlete.com

This is a 45 Minute Interval Bike Workout Level 5

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
0:00-3:00	30%		60-70
3:00-4:30	90%		90
4:30-7:30	50%		60-70
7:30-9:00	90%		90
9:00-12:00	50%		60-70
12:00-13:00	95%		90
13:00-15:00	45%		60-70
15:00-16:00	95%		90
16:00-18:00	45%		60-70
18:00-18:45	100%		110
18:45-20:15	50%		60-70
20:15-21:00	100%		110
21:00-22:30	50%		60-70
22:30-23:15	100%		110
23:15-24:45	50%		60-70
24:45-25:30	100%		110
25:30-27:00	50%		60-70
27:00-28:00	95%		90
28:00-30:00	45%		60-70
30:00-31:00	95%		90

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
31:00-33:00	45%		60-70
33:00-34:30	90%		90
34:30-37:30	50%		60-70
37:30-39:00	90%		90
39:00-42:00	50%		60-70
42:00-44:00	35%		60-70
44:00-45:00	25%		60-70

Write the bike resistance level in the space provided.



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