

XLathlete.com

This is a 45 Minute Interval Bike Workout Level 7

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
45:00-42:00	30%		70-80
42:00-41:30	90%		100+
41:30-37:30	50%		70-80
37:30-36:00	90%		100+
36:00-33:00	50%		70-80
33:00-32:00	95%		100+
32:00-30:00	45%		70-80
30:00-29:00	95%		100+
29:00-27:00	45%		70-80
27:00-26:15	100%		120+
26:15-24:45	50%		70-80
24:45-24:00	100%		120+
24:00-22:30	50%		70-80
22:30-21:45	100%		120+
21:45-20:15	50%		70-80
20:15-19:30	100%		120+
19:30-18:00	50%		70-80
18:00-17:00	95%		100+
17:00-15:00	45%		70-80
15:00-14:00	95%		100+

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
14:00-12:00	45%		70-80
12:00-10:30	90%		100+
10:30-7:30	50%		70-80
7:30-6:00	90%		100+
6:00-3:00	50%		70-80
3:00-1:00	35%		70-80
1:00-0:00	25%		70-80

Write the bike resistance level in the space provided.

Customize Your Gym



At The **XL** Athlete Store