

# XLathlete.com

This is a 45 Minute Interval Bike Workout Level 7

| <u>Time</u> | <u>Intensity</u> | <u>Level</u> | <u>RPM</u> |
|-------------|------------------|--------------|------------|
| 0:00-3:00   | 30%              |              | 70-80      |
| 3:00-4:30   | 90%              |              | 100+       |
| 4:30-7:30   | 50%              |              | 70-80      |
| 7:30-9:00   | 90%              |              | 100+       |
| 9:00-12:00  | 50%              |              | 70-80      |
| 12:00-13:00 | 95%              |              | 100+       |
| 13:00-15:00 | 45%              |              | 70-80      |
| 15:00-16:00 | 95%              |              | 100+       |
| 16:00-18:00 | 45%              |              | 70-80      |
| 18:00-18:45 | 100%             |              | 120+       |
| 18:45-20:15 | 50%              |              | 70-80      |
| 20:15-21:00 | 100%             |              | 120+       |
| 21:00-22:30 | 50%              |              | 70-80      |
| 22:30-23:15 | 100%             |              | 120+       |
| 23:15-24:45 | 50%              |              | 70-80      |
| 24:45-25:30 | 100%             |              | 120+       |
| 25:30-27:00 | 50%              |              | 70-80      |
| 27:00-28:00 | 95%              |              | 100+       |

| <u>Time</u> | <u>Intensity</u> | <u>Level</u> | <u>RPM</u> |
|-------------|------------------|--------------|------------|
| 28:00-30:00 | 45%              |              | 70-80      |
| 30:00-31:00 | 95%              |              | 100+       |
| 31:00-33:00 | 45%              |              | 70-80      |
| 33:00-34:30 | 90%              |              | 100+       |
| 34:30-37:30 | 50%              |              | 70-80      |
| 37:30-39:00 | 90%              |              | 100+       |
| 39:00-42:00 | 50%              |              | 70-80      |
| 42:00-44:00 | 35%              |              | 70-80      |
| 44:00-45:00 | 25%              |              | 70-80      |

Write the bike resistance level in the space provided.

## Customize Your Gym



At The **XL** Athlete Store

