

## Alactic Biking Intervals

Level 1

Biking

Duration	Sets/Reps
0:10 on 50 off	6 reps
Rest 3:00	1 rep
0:10 on 50 off	6 reps
Rest 3:00	1 rep
0:10 on 50 off	6 reps
<b>MAX SPEED</b>	
Total Duration: 24 min	