

Alactic Biking Intervals

Level 2

Biking

Duration	Sets/Reps
0:10 on 50 off	7 reps
Rest 3:00	1 rep
0:10 on 50 off	7 reps
Rest 3:00	1 rep
0:10 on 50 off	7 reps
MAX SPEED/SPRINTING	
Total Duration: 27 min	