

## Alactic Biking Intervals

Level 3

Biking

Duration	Sets/Reps
0:12 on 48 off	7 reps
Rest 3:00	1 rep
0:12 on 48 off	7 reps
Rest 3:00	1 rep
0:12 on 48 off	7 reps
<b>MAX SPEED/SPRINTING</b>	
Total Duration: 27 min	