

<u>Track</u>	<u>Time</u>	<u>Description</u>
1	5:31	Warm-Up We start off with a 5-minute warm-up at the Talk Test Pace to get your blood flowing and muscles warm.
2	14:00:00	Interval Challenge #1 This first section features 4 work bouts at 110-120 RPM + 4-6 levels in resistance for 1-minute each. You'll have 2 minutes to recover in between each work interval.
3	7:00	Resisted Speed Challenge #1 Plain and simple...we'll be increasing the speed by 5 RPMs and resistance by ONE additional level each minute during a total of 6 minutes of work.
4	8:03	Resisted Speed Challenge #2 Similar to the previous challenge but this time we'll be increasing both speed and resistance every 2 minutes, 4 times.
5	4:54	Cool Down You're going to need a nice and relaxed cool down after this workout so just keep moving nice and easy for 5 minutes to flush out the muscles.
TOTAL	39:28:00	