

May 5th 2020

HiIT Workout	Minutes	Effort	Cadence
Warm up	15	50-80%	80-90
<u>Main SET 4 minutes Vhard/4mins easy x 5</u>			
This is a High Intensity session. Intervals are 4 minutes with equal recovery. Do not go into the interval too fast, instead you should be hitting Zone 5 heart rate or 9/10 Rpe at or near the end of the interval.			
4 min Vhard	4	90%	90
4 mins Veasy	4	50%	90
Repeat x5	32		
Cool Down	10	50%	ssc
total	65		
High Intensity mins	20	31%	
Medium Intensity mins	0	0%	
Low Intensity mins	45	69%	

