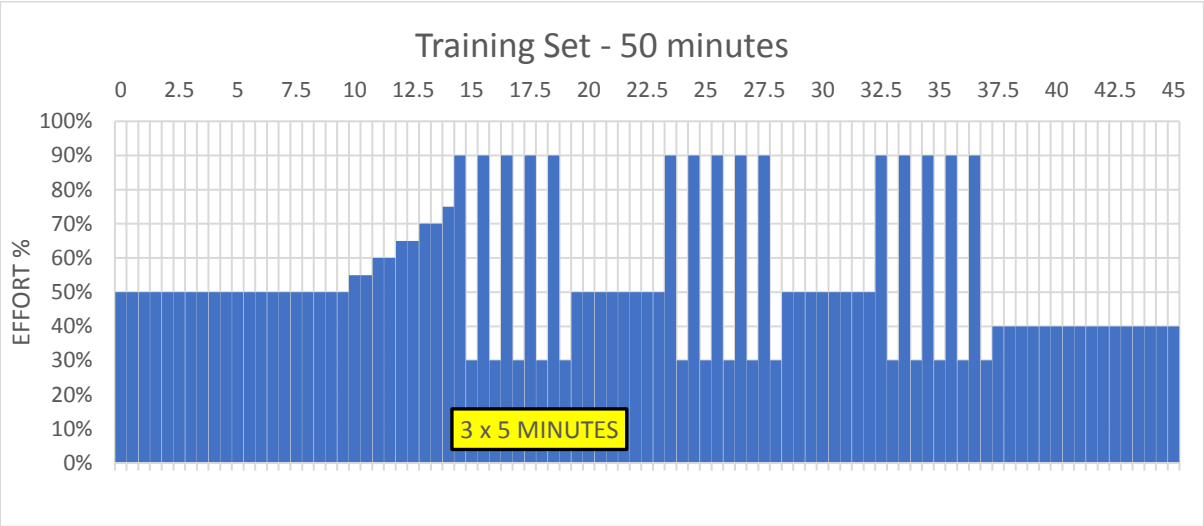
April 7th 2020

Tabata	**mins.**	**Effort**	**Cadence**
Warm up	10	50%	75 - 80
Build (1min steps)	5	50-75%	75 - 80
<u>Main SET - 3 x 9 mins</u>	-		
30 secs all out	1 min x 5	90%	90 - 100
30 secs super easy		30%	80 - 90
4 mins Rest interval	+ 4 min	50%	75 - 85
<u>REPEAT above 3 times</u>			
10 min easy spin cool down	~10 min	40%	70 - 80