

Cardio Interval Workouts

Conditioned - 35 Minutes

TIME	FEEL	MINUTES	LEVEL
0:00	Warm up - Easy	3:00	2
3:00	Moderate	3:00	5
6:00	Hard	1:00	8
7:00	Moderate	3:00	5
10:00	Hard	1:00	8
11:00	Moderate	3:00	5
14:00	Hard	1:00	8
15:00	Moderate	3:00	5
18:00	Hard	1:00	8
19:00	Moderate	3:00	5
22:00	Hard	1:00	8
23:00	Moderate	3:00	5
26:00	Hard	1:00	8
27:00	Moderate	3:00	5
30:00	Hard	1:00	8
31:00	Cool down - Easy	4:00	2
35:00			