

Cardio Interval Workouts

Elite - 35 Minutes

TIME	FEEL	MINUTES	LEVEL
0:00	Warm up - Easy	2:00	3
2:00	Moderate	2:00	6
3:00	Hard	1:00	10
4:00	Moderate	2:00	6
6:00	Hard	1:00	10
7:00	Moderate	2:00	6
9:00	Hard	1:00	10
10:00	Moderate	2:00	6
12:00	Hard	1:00	10
13:00	Moderate	2:00	6
15:00	Hard	1:00	10
16:00	Moderate	2:00	6
18:00	Hard	1:00	10
19:00	Moderate	2:00	6
21:00	Hard	1:00	10
22:00	Moderate	2:00	6
24:00	Hard	1:00	10
25:00	Moderate	2:00	6
27:00	Hard	1:00	10
28:00	Moderate	2:00	6
30:00	Hard	1:00	10
31:00	Cool down - Easy	3:00	3
35:00			