

BIKE HIT

ROUND 1: SPRINT

10 seconds hard, 50 seconds active recovery
20 seconds hard, 40 seconds active recovery
30 seconds hard, 30 seconds active recovery
40 seconds hard, 20 seconds active recovery
50 seconds hard, 10 seconds active recovery
60 seconds hard, 10 seconds active recovery
60 seconds recovery

ROUND 2: HILL

10 seconds hard, 50 seconds active recovery
20 seconds hard, 40 seconds active recovery
30 seconds hard, 30 seconds active recovery
40 seconds hard, 20 seconds active recovery
50 seconds hard, 10 seconds active recovery
60 seconds hard, 10 seconds active recovery
60 seconds recovery

ROUND 3: HILL SPRINT

10 seconds hard, 50 seconds active recovery
20 seconds hard, 40 seconds active recovery
30 seconds hard, 30 seconds active recovery
40 seconds hard, 20 seconds active recovery
50 seconds hard, 10 seconds active recovery
60 seconds hard, 10 seconds active recovery
60 seconds recovery

