

20 Min Recumbent Bike #1: Intermediate

Time (min)	Level (1-20)	Recommended RPM	Segment Length
0-2	7	100+	2 min
2-4	8	90+	2 min
4-6	9	80+	2 min
6-8	10	70+	2 min
8-10	11	60+	2 min
10:00-10:30	1	50+	30s rest
10:30-11:00	15	100+	30s push
Continue to alternate 30s at Level 1 (rest) with 30s at Level 15 (push) to complete 8 total rounds (bringing you to 18:00)			
18-20	1	50+	2 min cool-down