

Interval Class #1
 Warm Up x 5 minutes
 6 x 5 minute Intervals: 4 min @ Speed 1, 1 min at Speed 2
 Cool Down x 5 minutes

Time	Speed
0-5	Warm up
5-9	Speed 1
9-10	Speed 2
10-14	Speed 1
14-15	Speed 2
15-19	Speed 1
19-20	Speed 2
20-24	Speed 1
24-25	Speed 2
25-29	Speed 1
29-30	Speed 2
30-34	Speed 1
34-35	Speed 2
35-40	Cool Down
	Speed 1 = $24 / 2 = 6$

Interval Class #2
 Warm Up x 5 minutes
 6 x 5 minute Intervals: 3 min @ Speed 1, 2 min at Speed 2
 Cool Down x 5 minutes

Time	Speed
0-5	Warm up
5-8	Speed 1
8-10	Speed 2
10-13	Speed 1
13-15	Speed 2
15-18	Speed 1
18-20	Speed 2
20-23	Speed 1
23-25	Speed 2
25-28	Speed 1
28-30	Speed 2
30-33	Speed 1
33-35	Speed 2
35-40	Cool Down
	Speed 1 = $18 / 2 = 12$

Interval Class #3 - Based on the interval research study!

Warm Up x 5 minutes

6 x 5 minute Intervals: 3 min @ Speed 1, 2 min at Speed 2

Cool Down x 5 minutes

Time	Speed
0-5	Warm up
5-7	Speed 1
7-10	Speed 2
10-12	Speed 1
12-15	Speed 2
15-17	Speed 1
17-20	Speed 2
20-22	Speed 1
22-25	Speed 2
25-27	Speed 1
27-30	Speed 2
30-32	Speed 1
32-35	Speed 2
35-40	Cool Down
	Speed 1= 12/ 2= 6

Interval Class #4

Warm Up x 4 minutes

8 x 4 minute Intervals: 3 min @ Speed 1, 1 min at Speed 2 (32 minute workout)

Cool Down x 4 minutes

Time	Speed
0-4	Warm up
4-7	Speed 1
7-8	Speed 2
8-11	Speed 1
11-12	Speed 2
12-15	Speed 1
15-16	Speed 2
16-19	Speed 1
19-20	Speed 2
20-23	Speed 1
23-24	Speed 2
24-27	Speed 1
27-28	Speed 2
28-31	Speed 1
31-32	Speed 2
32-35	Speed 1
35-36	Speed 2
36-40	Cool Down
	Speed 1= 24/ 2= 12

Interval Class #5

Warm Up x 5 minutes

10 x 3 minute Intervals: 2 min @ Speed 1, 1 min at Speed 2

Cool Down x 5 minutes

Time	Speed
0-5	Warm up
5-7	Speed 1
7-8	Speed 2
8-10	Speed 1
10-11	Speed 2
11-13	Speed 1
13-14	Speed 2
14-16	Speed 1
16-17	Speed 2
17-19	Speed 1
19-20	Speed 2
20-22	Speed 1
22-23	Speed 2
23-25	Speed 1
25-26	Speed 2
26-28	Speed 1
28-29	Speed 2
29-31	Speed 1
31-32	Speed 2
32-34	Speed 1
34-35	Speed 2
35-40	Cool Down
	Speed 1= 20/ 2= 10

Interval Class #6 - Trying our shorter fast intervals!

Warm Up x 5 minutes

12 x 2 ½ minute Intervals: 2 min @ Speed 1, 30 sec min at Speed 2

Cool Down x 5 minutes

Time	Speed
0-5	Warm up
5-7	Speed 1
7-7:30	Speed 2
7:30-9:30	Speed 1
9:30-10	Speed 2
10-12	Speed 1
12-12:30	Speed 2
12:30-14:30	Speed 1
14:30-15	Speed 2
15-17	Speed 1
17-17:30	Speed 2
17:30-19:30	Speed 1
19:30-20	Speed 2
20-22	Speed 1
22-22:30	Speed 2
22:30-24:30	Speed 1
24:30-25:00	Speed 2
25-27	Speed 1
27-27:30	Speed 2
27:30-29:30	Speed 1
29:30-30	Speed 2
30-32	Speed 1
32-32:30	Speed 2
32:30-34:30	Speed 1
34:30-35	Speed 2
35-40	Cool Down
	Speed 1 = 24 / 3 = 6