

Off season session. Mostly L2 with some L3 to keep it interesting



*Warm-up:*

10  
6 Min build to L2 and hold  
3 Min as 45 seconds Max – 15 seconds Ez  
1 Min Ez

*Main Set*

Notes

21  
6 Min L2

1 Min L1

21  
6 Min L2

1 Min L1

4 Min L3

3 Min Ez

3 Min @ L3 - 4 min @ L2

21  
4 min @ L3 - 3 min @ L1

3 min @ L3 - 4 min @ L2

*Cool-down:*

57

5 Min spin