

1. Cycling 00963



RPM	Work Time (s)	Rest Time (s)	Reps	Sets	Rest between sets (min)	Feeling afterwards
>100 RPM	20	10	8	2	4	Jelly legs

2. Treadmill run 00973



Speed	Work Time (s)	Rest Time (s)	Reps	Sets	Rest between sets (min)	Feeling afterwards
Fast run	30	30	10	2	3	Lungs burning / Out of breath

3. Rowing 00345



Stroke rate:	Work Time (s)	Rest Time (s)	Reps	Sets	Rest between sets (min)	Feeling afterwards
>35	15	15	20	1	3	Completely Exhausted