

# SHAPE | ALL-TERRAIN INTERVAL RIDE

TIME (MINS)	RESISTANCE (1-20)	WHAT TO DO
0 - 5	1	Warm-up (in the saddle)
5 - 10	6	Seated climb
10 - 11	2	Downhill sprint
11 - 12	3	Recover (easy pace, in the saddle)
12 - 14	8	Seated climb
14 - 15	10	Standing climb
15 - 16	5	Downhill sprint, seated
16 - 17	6	Recover (easy pace, in the saddle)
17 - 20	12	Seated climb
20 - 21	14	Standing climb
21 - 22	6	Downhill sprint, seated
22 - 23	7	Recover (easy pace, in the saddle)
23 - 25	13	Seated and standing climb (alternate every 30 seconds)
25 - 26	6	Downhill sprint, seated
26 - 30	2	Cool-down (in the saddle)

**Training Note:** If you use an indoor cycling bike without specific resistance levels, use the recommended numbers above as an effort scale for increasing resistance with the resistance knob.