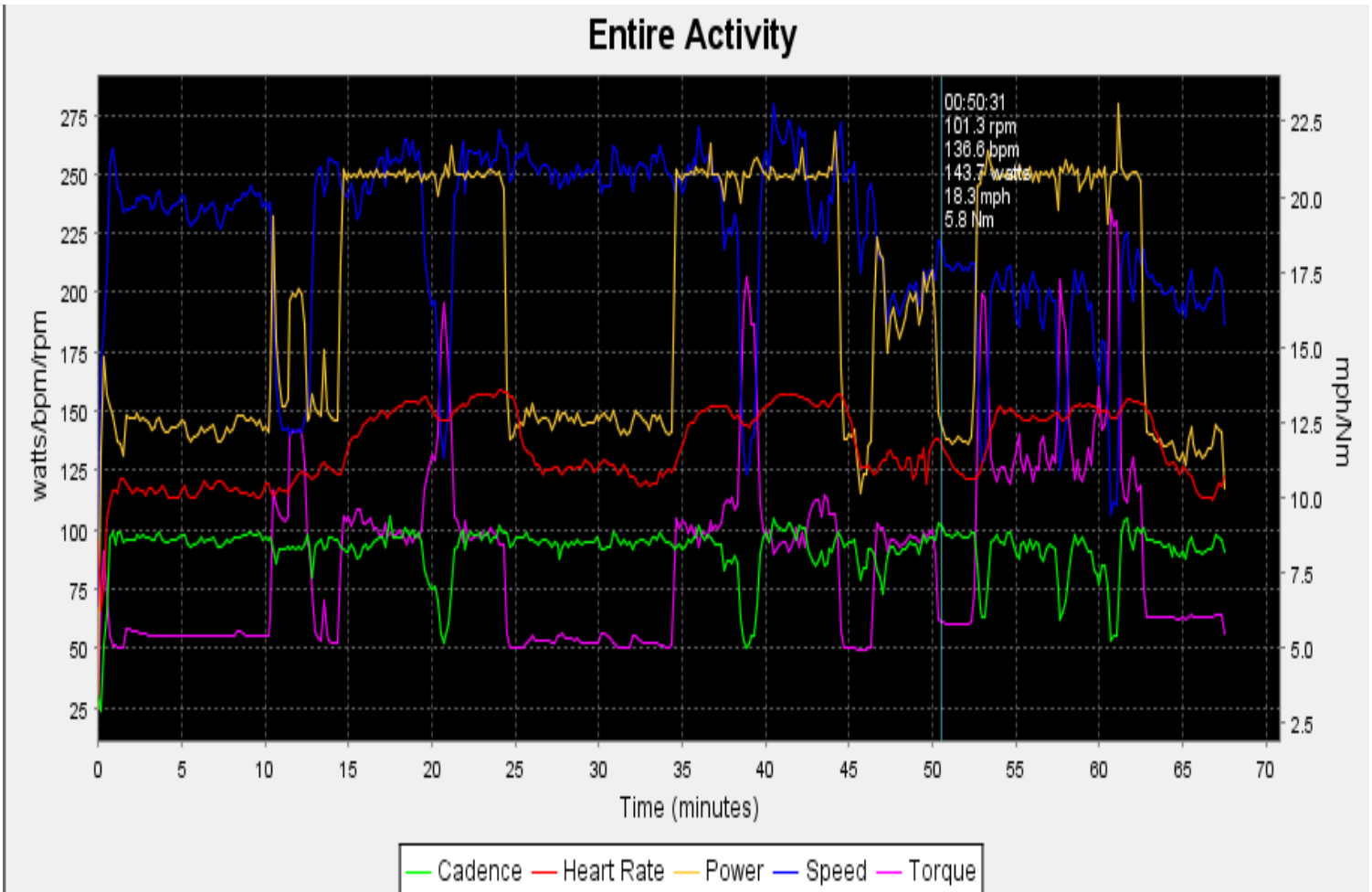


### 10 Min LT Intervals

This session should be repeated weekly, extending the duration of time the efforts are held. Begin with 3 x 10 minute intervals at 90% of LT and 10 min Zone 1. Next week you can increase the number of intervals you do OR increase the interval time to 11 minute. Repeat the same progression weekly.



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