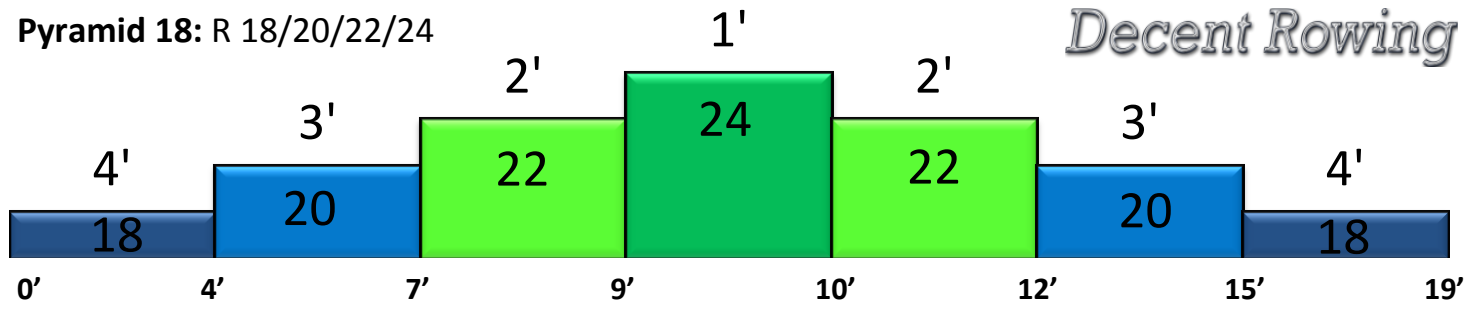


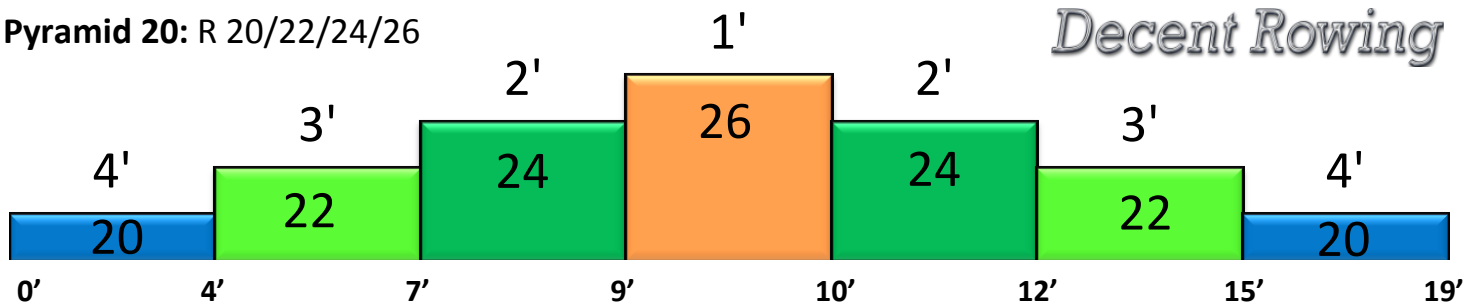
Pyramid

Explanation: Total workout is 19 minutes. As the rate increases you spend one less minute at each interval until you reach one minute at the highest rating. As the rate decreases the time at each interval increases again and the athlete should work on rhythm and time on the slide when coming down in rate.

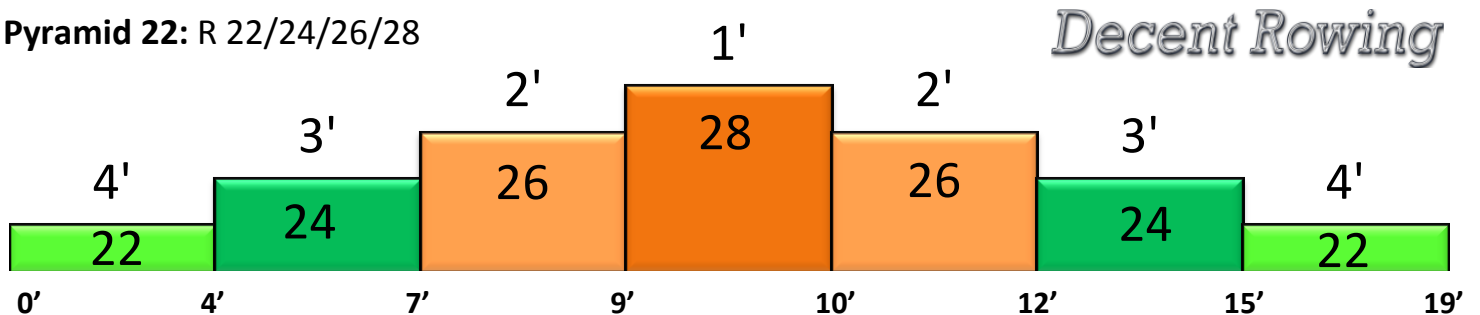
Pyramid 18: R 18/20/22/24



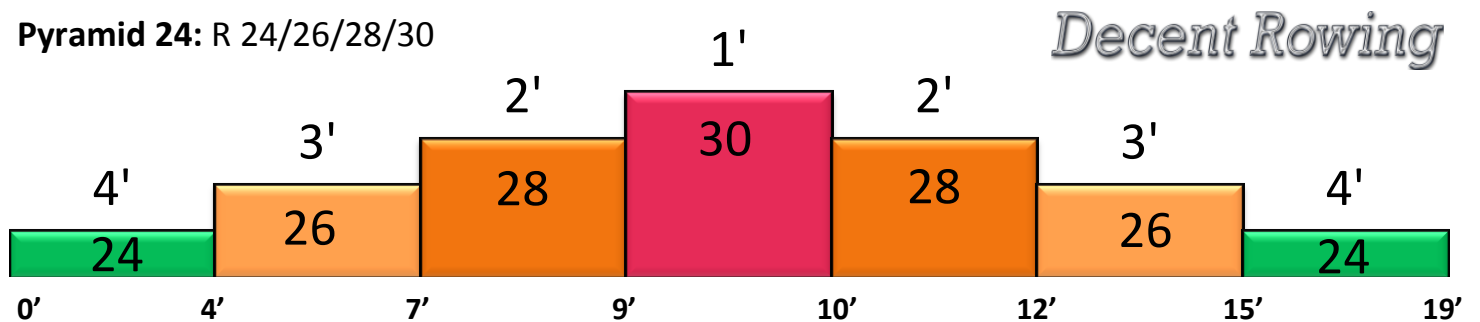
Pyramid 20: R 20/22/24/26



Pyramid 22: R 22/24/26/28



Pyramid 24: R 24/26/28/30



Pyramid 26: R 26/28/30/32

