**You should have printed out 2 sheets (including this one)**

* The other sheet can be used along with your stopwatch or timer
* **The numbers all represent the seconds & minutes that correspond with your workout timer**
* The BLACK numbers are the time periods you rest and the **RED is when you go all out**

|  |  |  |
| --- | --- | --- |
| * **0-19** * **20-59** * **100-109** * **110-139** * **140-149** * **150-229** * **230-239** * **240-309** * **310-319** * **320-359** * **400-409** * **410-439** * **440-449** * **450-529** * **530-539** | * **540-619** * **620-629** * **630-659** * **700-709** * **710-749** * **750-759** * **8-829** * **830-839** * **840-919** * **920-929** * **930-959** * **1000-09** | * **1010-1049** * **1050-59** * **1100-1129** * **1130-39** * **1140-1219** * **1220-29** * **1230-59** * **13-1309** * **1310-1349** * **1350-59** * **1400-29** * **1430-39** * **1440-1519** |