**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**

|  |  |  |  |
| --- | --- | --- | --- |
| * **0-20** * **20-40** * **40-1** * **1-120** * **120-140** * **140-2** * **2-220** * **220-240** * **240-3** * **3-320** * **320-340** * **340-4** * **4-420** * **420-440** * **440-5** * **5-520** | * **520-620** * **620-640** * **640-7** * **7-720** * **720-40** * **740-8** * **8-820** * **820-840** * **840-9** * **9-920** * **920-940** * **940-10** * **10-1020** * **1020-1040** * **1040-11** * **11-1120** | * **1120-1220** * **1220-1240** * **1240-13** * **13-1320** * **1320-1340** * **1340-14** * **14-1420** * **1420-1440** * **1440-15** * **15-1520** * **1520-1540** * **1540-16** * **16-1620** * **1620-1640** * **1640-17** * **17-1720** | * **1720-1820** * **1820-1840** * **1840-19** * **19-1920** * **1920-1940** * **1940-20** * **20-2020** * **2020-2040** * **2040-21** * **21-2120** * **2120-2140** * **2140-22** * **22-2220** * **2220-2240** * **2240-23** * **23-2320** |