

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	820-829	1740-1749	27-2709	3620-3629	4450-4459
20-49	830-859	1750-1819	2710-2739	3630-3659	45-4539
50-59	9-909	1820-1829	2740-49	37-3709	4540-4549
1-119	910-929	1830-1849	2750-2809	3710-3729	4550-4639
120-129	930-939	1850-1859	2810-2819	3730-3739	
130-159	940-1009	19-1929	2820-49	3740-3809	
2-209	1010-1019	1930-1939	2850-2859	3810-3819	
210-229	1020-1059	1940-1959	29-2919	3820-3839	
230-239	11-1159	20-2009	2920-2929	3840-3849	
240-309	12-1229	2010-2039	2930-2959	3850-3919	
310-319	1230-1239	2040-2049	30-3009	3920-3929	
320-339	1240-1259	2050-2109	3010-3029	3930-3949	
340-349	13-1309	2110-2119	3030-3039	3950-3959	
350-419	1310-1339	2120-2149	3040-3109	40-4029	
420-429	1340-1349	2150-2159	3110-3119	4030-4039	
430-449	1350-1409	22-2239	3120-3139	4040-4059	
450-459	1410-1419	2240-2339	3140-3149	41-4109	
5-529	1420-1449	2340-2409	3150-3219	4110-4139	
530-539	1450-1459	2410-2419	3220-3229	4140-4149	
540-559	15-1519	2420-2439	3230-3249	4150-4209	
6-609	1520-1529	2440-2449	3250-3259	4210-4219	
610-639	1530-1559	2450-2519	33-3329	4220-4249	
640-649	16-1609	2520-2529	3330-3339	4250-4259	
650-709	1610-1629	2530-2549	3340-3419	43-4339	
710-719	1630-1639	2550-2559	3420-3519	4340-4349	
720-749	1640-1709	26-2629	3520-49	4350-4419	
750-759	1710-1719	2630-2639	3550-3559	4420-4429	
8-819	1720-1739	2640-2659	36-3619	4430-4449	