

2:1 Progressive Intervals

Song	Song Length	How much song to use	What to Do
Free Fall	9:01	8:00	5 Minute Warm Up 65% 2 Minute Standing Flat 75% 1 Minute Recovery 70%
Heartbreaker	3:28	3:00	2 Minute Standing Flat, Faster 78% 1 Minute Recovery 70%
Ali	7:49	6:00	2 Minute Standing Climb 80% 1 Minute Recovery 70% 2 Minute Standing Climb 80% 1 Minute Recovery 70%
A Small Victory	4:56	4:56	2 Minutes Seated Flat 100 - 110 rpm 82% 1 Minute Recovery 70% 2 Minutes Seated Flat 100 - 110 rpm 82%
All My Life	4:26	3:41	1:11 Seated Climb 80 rpm 80% 0:30 Running with Resistance 85 rpm 85% 0:30 Seated Climb 80 rpm 85% 0:30 Running with Resistance 85 rpm 85% 1 Minute Recovery 70%
Funky Cold Medina	4:52	4:52	2 Minute Jumps on a Hill 85% :50 Recovery 70% 2 Minute Jumps on a Hill 85%
Dream of Me	4:02	4:02	1 Minute Recovery 70% 2 Minute Jumps 85% 1 Minute Recovery 70%
To Victory	2:34	2:34	2 Minute Standing Climb 88% :30 Recovery
Eye of the Tiger	3:30	2:50	:30 Recovery :30 Sprint 1:20 Minute Recovery 70% :30 Sprint
A Brick in the Wall Part II House Remix	5:23	5:23	Cool Down
The Star and the Snake	5:54	5:54	Stretch