

Intermediate



Time	Interval	% Heart Rate	% Power FTP	RPM
00:00:00	00:10:00	75-85	70-80	85-95
00:10:00	00:01:00	105	140	60
00:11:00	00:04:00	75-85	60	90-100
00:15:00	00:01:00	105	140	60
00:16:00	00:04:00	75-85	60	90-100
00:20:00	00:01:00	105	140	60
00:21:00	00:04:00	75-85	60	90-100
00:25:00	00:01:00	105	140	60
00:26:00	00:09:00	75-85	60-70	90-100
00:35:00	00:01:00	105	140	60
00:36:00	00:04:00	75-85	60	90-100
00:40:00	00:01:00	105	140	60
00:41:00	00:04:00	75-85	60	90-100
00:45:00	00:01:00	105	140	60
00:46:00	00:04:00	75-85	60	90-100
00:50:00	00:01:00	105	140	60
00:51:00	00:09:00	75-85	60-70	90-100
01:00:00	END			