

Beginner

Time	Interval	% Heart Rate	% Power FTP	RPM
00:00:00	00:30:00	75-85	65	90-95
00:30:00	00:10:00	85-95	80	100
00:40:00	00:10:00	75-85	65	90-95
00:50:00	00:10:00	85-95	80	80
01:00:00	00:10:00	75-85	65	90-95
01:10:00	00:10:00	75-85	75	100
01:20:00	00:10:00	85-95	80	105
01:30:00	00:30:00	75-85	65	90-95
02:00:00	END			





