

<b>Time</b>	<b>Interval</b>	<b>% Heart Rate</b>	<b>% Power FTP</b>	<b>RPM</b>
00:00:00	00:45:00	75-85	65	90-95
00:45:00	00:10:00	85-95	80	100
00:55:00	00:10:00	75-85	65	90-95
01:05:00	00:10:00	85-95	80	80
01:15:00	00:40:00	75-85	65	90-95
01:55:00	00:10:00	75-85	75	100
02:05:00	00:10:00	85-95	80	105
02:15:00	00:45:00	75-85	65	90-95
03:00:00	END			











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