

Intermediate



Time	Interval	% Heart Rate	% Power FTP	RPM
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	00:10:00	75-85	65	90-95
01:25:00	00:10:00	75-85	75	100
01:35:00	00:10:00	85-95	80	105
01:45:00	00:45:00	75-85	65	90-95
02:30:00	END			

