

Beginner



| Time | Interval | % Heart Rate | % Power FTP | RPM |
|-------------|-----------------|---------------------|--------------------|------------|
| 0:00:00 | 0:10:00 | 75-85 | 70 | 85-95 |
| 0:10:00 | 0:01:30 | 85-95 | 80 | 95-105 |
| 0:11:30 | 0:01:30 | 85-95 | 85 | 95-105 |
| 0:13:00 | 0:01:30 | 85-95 | 90 | 95-105 |
| 0:14:30 | 0:01:30 | 85-95 | 95 | 95-105 |
| 0:16:00 | 0:01:30 | 95-105 | 100 | 95-105 |
| 0:17:30 | 0:01:30 | 95-105 | 105 | 95-105 |
| 0:19:00 | 0:01:30 | 95-105 | 100 | 95-105 |
| 0:20:30 | 0:01:30 | 85-95 | 95 | 95-105 |
| 0:22:00 | 0:01:30 | 85-95 | 90 | 95-105 |
| 0:23:30 | 0:01:30 | 85-95 | 85 | 95-105 |
| 0:25:00 | 0:01:30 | 85-95 | 80 | 95-105 |
| 0:26:30 | 0:10:00 | 75-85 | 70 | 85-95 |
| 0:36:30 | END | | | |