

Beginner

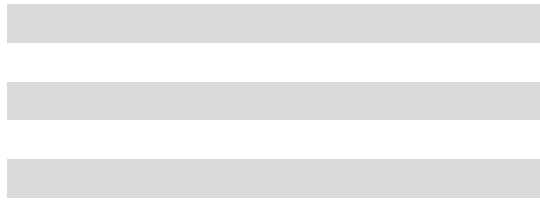


Time	Interval	% Heart Rate	% Power FTP	RPM
00:00:00	00:10:00	75-85	70	90-95
00:10:00	00:08:00	85-95	85	95-105
00:18:00	00:04:00	75-85	70	90-95
00:22:00	00:08:00	85-95	85	95-105
00:30:00	00:04:00	75-85	70	90-95
00:34:00	00:08:00	85-95	85	95-105
00:42:00	00:04:00	75-85	70	90-95
00:50:00	00:08:00	85-95	85	95-105
00:54:00	00:04:00	75-85	70	90-95
00:58:00	00:08:00	85-95	85	95-105
01:06:00	00:10:00	75-85	70	90-95
01:16:00	END			











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