

Time	Interval	% Heart Rate	% Power FTP	RPM
00:00:00	00:10:00	75-85	70	90-95
00:10:00	00:15:00	85-95	85	95-105
00:25:00	00:10:00	75-85	70	90-95
00:35:00	00:15:00	85-95	85	95-105
00:50:00	00:10:00	75-85	70	90-95
01:00:00	00:15:00	85-95	85	95-105
01:15:00	00:10:00	75-85	70	90-95
01:25:00	00:15:00	85-95	85	95-105
01:40:00	00:10:00	75-85	70	90-95
01:50:00	END			

[Redacted text block]

[Redacted text block]

[Redacted text block]