

Intermediate



| Time | Interval | % Heart Rate | % Power FTP | RPM |
|-------------|-----------------|---------------------|--------------------|------------|
| 00:00:00 | 00:10:00 | 75-85 | 70 | 90-95 |
| 00:10:00 | 00:10:00 | 85-95 | 85 | 95-105 |
| 00:20:00 | 00:05:00 | 75-85 | 70 | 90-95 |
| 00:25:00 | 00:10:00 | 85-95 | 85 | 95-105 |
| 00:35:00 | 00:05:00 | 75-85 | 70 | 90-95 |
| 00:40:00 | 00:10:00 | 85-95 | 85 | 95-105 |
| 00:50:00 | 00:05:00 | 75-85 | 70 | 90-95 |
| 00:55:00 | 00:10:00 | 85-95 | 85 | 95-105 |
| 01:05:00 | 00:10:00 | 75-85 | 70 | 90-95 |
| 01:15:00 | END | | | |

