

## Intermediate



<b>Time</b>	<b>Interval</b>	<b>% Heart Rate</b>	<b>% Power FTP</b>	<b>RPM</b>
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	00:01:00	105+	150	95-110
00:56:00	00:04:00	65-75	60	90-95
01:00:00	00:01:00	105+	150	95-110
01:01:00	00:04:00	65-75	60	90-95
01:05:00	00:01:00	105+	150	95-110
01:06:00	00:04:00	65-75	60	90-95
01:10:00	00:01:00	105+	150	95-110
01:11:00	00:10:00	65-75	60	90-95
01:21:00	END			

