

<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	00:08:00	85-95	88	90-95
00:18:00	00:04:00	75-85	65	85-90
00:22:00	00:08:00	85-95	88	90-95
00:30:00	00:04:00	75-85	65	85-90
00:34:00	00:08:00	85-95	88	90-95
00:42:00	00:04:00	75-85	65	85-90
00:46:00	00:08:00	85-95	88	90-95
00:54:00	00:04:00	75-85	65	85-90
00:58:00	00:08:00	85-95	88	90-95
01:06:00	00:04:00	75-85	65	85-90
01:10:00	00:10:00	75-85	70	90-95
01:20:00	END			