

Intermediate



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	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	00:10:00	75-85	70	90-95
01:08:00	END			