Intermediate ★★

Time	Interval	% Heart Rate	% Power FTP	RPM
00:00:00	00:15:00	75-85	70	90-95
00:15:00	00:02:00	85-105	85	90-95
00:17:00	00:00:30	85-105	100	90-95
00:17:30	00:00:30	85-105	130	95-105
00:18:00	00:00:10	85-105	50	90-95
00:18:10	00:00:10	85-105	250	90-95
00:18:20	00:02:00	85-105	85	90-95
00:20:20	00:00:30	85-105	100	90-95
00:20:50	00:00:30	85-105	130	95-105
00:21:20	00:00:10	85-105	50	90-95
00:21:30	00:00:10	85-105	250	90-95
00:21:40	00:02:00	85-105	85	90-95
00:23:40	00:00:30	85-105	100	90-95
00:24:10	00:00:30	85-105	130	95-105
00:24:40	00:00:10	85-105	50	90-95
00:24:50	00:00:10	85-105	250	90-95
00:25:00	00:02:00	85-105	85	90-95
00:27:00	00:15:00	75-85	70	90-95
00:42:00	END			