

Cadence Change Intervals				
Minute		Week 1	Week 1	Week 1
Start	End	RPM	RPM	RPM
0	1	70	80	90
1	2	80	90	100
2	3	80	90	100
3	4	90	100	110
4	5	80	90	100
5	6	90	100	110
6	7	80	90	100
7	8	90	100	110
8	9	80	90	100
9	10	80	90	100
10	11	70	80	90
11	12	Rest	Rest	Rest
12	13	Rest	Rest	Rest
13	14	80	90	100
14	15	90	100	110
15	16	80	90	100
16	17	90	100	110
17	18	80	90	100
18	19	80	90	100
19	20	90	100	110
20	21	80	90	100
21	22	90	100	110
22	23	80	90	100
23	24	Rest	Rest	Rest
24	25	Rest	Rest	Rest
25	26	80	90	100
26	27	90	100	110
27	28	80	90	100
28	29	90	100	110
29	30	90	100	110
30	31	80	90	100
31	32	90	100	110
32	33	80	90	100
33	34	Rest	Rest	Rest
34	35	Rest	Rest	Rest
35	36	80	90	100
36	37	90	100	110
37	38	90	100	110
38	39	80	90	100
39	40	90	100	110
40	41	80	90	100
41	42	90	100	110
42	43	80	90	100
43	44	80	90	100
44	45	end	end	end