

Cadence Change Intervals						
Minute		Week 2	Week 2	Week 2	Minute	
Start	End	RPM	RPM	RPM	Start	End
0	1	80	90	100	0	1
1	2	80	90	100	1	2
2	3	90	100	110	2	3
3	4	80	90	100	3	4
4	5	90	100	110	4	5
5	6	90	100	110	5	6
6	7	80	90	100	6	7
7	8	90	100	110	7	8
8	9	80	90	100	8	9
9	10	80	90	100	9	10
10	11	Rest	Rest	Rest	10	11
11	12	Rest	Rest	Rest	11	12
12	13	80	90	100	12	13
13	14	90	100	110	13	14
14	15	90	100	110	14	15
15	16	80	90	100	15	16
16	17	90	100	110	16	17
17	18	80	90	100	17	18
18	19	90	100	110	18	19
19	20	90	100	110	19	20
20	21	80	90	100	20	21
21	22	Rest	Rest	Rest	21	22
22	23	Rest	Rest	Rest	22	23
23	24	80	90	100	23	24
24	25	90	100	110	24	25
25	26	90	100	110	25	26
26	27	80	90	100	26	27
27	28	90	100	110	27	28
28	29	90	100	110	28	29
29	30	80	90	100	29	30
30	31	90	100	110	30	31
31	32	90	100	110	31	32
32	33	80	90	100	32	33
33	34	Rest	Rest	Rest	33	34
34	35	Rest	Rest	Rest	34	35
35	36	80	90	100	35	36
36	37	90	100	110	36	37
37	38	80	90	100	37	38
38	39	90	100	110	38	39
39	40	90	100	110	39	40
40	41	90	100	110	40	41
41	42	80	90	100	41	42
42	43	90	100	110	42	43
43	44	80	90	100	43	44
44	45	end	end	end	44	45
45	46 •				45	46 •