

Cadence Change Intervals						
Minute		Week 4	Week 4	Week 4	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	90	100	110	3	4
4	5	80	90	100	4	5
5	6	90	100	110	5	6
6	7	90	100	110	6	7
7	8	80	90	100	7	8
8	9	90	100	110	8	9
9	10	90	100	110	9	10
10	11	80	90	100	10	11
11	12	80	90	100	11	12
12	13	Rest	Rest	Rest	12	13
13	14	Rest	Rest	Rest	13	14
14	15	80	90	100	14	15
15	16	90	100	110	15	16
16	17	80	90	100	16	17
17	18	90	100	110	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	90	100	110	21	22
22	23	80	90	100	22	23
23	24	Rest	Rest	Rest	23	24
24	25	Rest	Rest	Rest	24	25
25	26	80	90	100	25	26
26	27	90	100	110	26	27
27	28	80	90	100	27	28
28	29	90	100	110	28	29
29	30	100	110	120	29	30
30	31	90	100	110	30	31
31	32	80	90	100	31	32
32	33	90	100	110	32	33
33	34	80	90	100	33	34
34	35	Rest	Rest	Rest	34	35
35	36	Rest	Rest	Rest	35	36
36	37	80	90	100	36	37
37	38	90	100	110	37	38
38	39	100	110	120	38	39
39	40	90	100	110	39	40
40	41	80	90	100	40	41
41	42	90	100	110	41	42
42	43	100	110	120	42	43
43	44	90	100	110	43	44
44	45	80	90	100	44	45
45	46 •				45	46 •