

Song	Interval Time	Time Into Set	Time Left in Set	Riding Position	RPE (on a scale of 1-10, 5=threshold)	RPM	Threshold Zone
Without You	1m 0s	0m 0s	49m 39s	Seated	2	Choice	Below
Without You	1m 30s	1m 0s	48m 39s	Standing	3	64	Below
Without You	1m 21s	2m 30s	47m 9s	Seated	4	64	@
PSA In Rock	0m 35s	3m 51s	45m 48s	Seated	4	100	@
PSA In Rock	1m 43s	4m 26s	45m 13s	Seated	5-6	100	@
PSA In Rock	0m 30s	6m 9s	43m 30s	Choice	1-2	Choice	Below
Blame	0m 30s	6m 39s	43m 0s	Standing	5-6	64	@
Blame	0m 44s	7m 9s	42m 30s	Seated	3	64	Below
Blame	0m 46s	7m 53s	41m 46s	Standing	6-7	64	Above
Blame	0m 30s	8m 39s	41m 0s	Seated	3	64	Below
Blame	1m 32s	9m 9s	40m 30s	Standing	6-8	64	Above
Animal	0m 20s	10m 41s	38m 58s	Seated	1-2	100	Below
Animal	1m 0s	11m 1s	38m 38s	Seated	3-4	100	@
Animal	1m 0s	12m 1s	37m 38s	Seated	4-5	100	@
Animal	1m 4s	13m 1s	36m 38s	Seated	5-6	100	@