

@ Threshold Profile - "It should feel like you're taking a bath in tub full of lactate."

Interval Time	Time Into Set	Time Left in Set	Riding Position	RPE (on a scale of 1-10, 5=threshold)	RPM	Threshold Zone
5m 0s	0m 0s	65m 11s	Seated	2	Choice	Below
5m 0s	5m 0s	60m 11s	Seated	4-6	80-110	@
1m 0s	10m 0s	55m 11s	Choice	2-3	Choice	Below
3m 0s	11m 0s	54m 11s	Seated	4-6	80-110	@
0m 30s	14m 0s	51m 11s	Choice	2-3	Choice	Below
3m 0s	14m 30s	50m 41s	Seated	4-6	80-110	@
0m 30s	17m 30s	47m 41s	Choice	2-3	Choice	Below
3m 0s	18m 0s	47m 11s	Seated	4-6	80-110	@
2m 0s	21m 0s	44m 11s	Choice	2-3	Choice	Below
2m 0s	23m 0s	42m 11s	Seated	4-6	60-80	@
0m 30s	25m 0s	40m 11s	Choice	2-3	Choice	Below
2m 0s	25m 30s	39m 41s	Seated	4-6	60-80	@
0m 30s	27m 30s	37m 41s	Choice	2-3	Choice	Below
2m 0s	28m 0s	37m 11s	Seated	4-6	60-80	@
2m 0s	30m 0s	35m 11s	Choice	2-3	Choice	Below
1m 0s	32m 0s	33m 11s	Standing	4-6	60-80	@
0m 15s	33m 0s	32m 11s	Choice	2-3	Choice	Below
1m 0s	33m 15s	31m 56s	Standing	4-6	60-80	@
0m 15s	34m 15s	30m 56s	Choice	2-3	Choice	Below
1m 0s	34m 30s	30m 41s	Standing	4-6	60-80	@
0m 15s	35m 30s	29m 41s	Choice	2-3	Choice	Below
1m 0s	35m 45s	29m 26s	Seated	4-6	80-110	@
0m 15s	36m 45s	28m 26s	Choice	2-3	Choice	Below
1m 0s	37m 0s	28m 11s	Seated	4-6	60-80	@
0m 15s	38m 0s	27m 11s	Choice	2-3	Choice	Below
1m 0s	38m 15s	26m 56s	Standing	4-6	60-80	@
2m 0s	39m 15s	25m 56s	Choice	2-3	Choice	Below
3m 0s	41m 15s	23m 56s	Seated	4-6	80-110	@
0m 30s	44m 15s	20m 56s	Choice	2-3	Choice	Below
2m 0s	44m 45s	20m 26s	Seated	4-6	60-80	@
0m 30s	46m 45s	18m 26s	Choice	2-3	Choice	Below
1m 0s	47m 15s	17m 56s	Standing	4-6	60-80	@
2m 0s	48m 15s	16m 56s	Choice	2-3	Choice	Below
1m 0s	50m 15s	14m 56s	Seated	4-6	80-110	@
0m 30s	51m 15s	13m 56s	Choice	2-3	Choice	Below
1m 0s	51m 45s	13m 26s	Seated	4-6	60-80	@
0m 30s	52m 45s	12m 26s	Choice	2-3	Choice	Below
1m 0s	53m 15s	11m 56s	Standing	4-6	60-80	@
10m 56s	54m 15s	10m 56s	Choice	2-3	Choice	Below
	0	0				