

Time Elapsed Duration
Effort

0 mins	5 mins	4/10 (<i>club run</i>)
5 mins	2 mins	5/10 (<i>can still talk</i>)
7 mins	2 mins	6/10 (<i>heavy breathing</i>)
9 mins	2 mins	7/10 (<i>race speed</i>)
11 mins	2 mins	8/10 (<i>pursuit</i>)
13 mins	2 mins	Relax and Recover
15 mins	6 seconds	Max Rev Out
	1 min	Smooth Pedalling
16 mins	6 seconds	Max Rev Out
	1 min	Smooth Pedalling
17 mins	6 seconds	Max Rev Out
	3 mins	Smooth Pedalling

Finish at 20 minutes - ideally within 10 minutes of racing. Keep legs turning if possible.