

Speedplay Pyramid

Easier interval is half of harder interval

Clock	Pace	Interval
00:00	harder	01:00
01:00	easier	00:30
01:30	harder	02:00
03:30	easier	01:00
04:30	harder	03:00
07:30	easier	01:30
09:00	harder	04:00
13:00	easier	02:00
15:00	harder	05:00
20:00	easier	02:30
22:30	harder	04:00
26:30	easier	02:00
28:30	harder	03:00
31:30	easier	01:30
33:00	harder	02:00
35:00	easier	01:00
36:00	harder	01:00
37:00	easier	00:30