

Speedplay Pyramid

Easier interval always 1 minute

Clock	Pace	Interval
00:00	harder	01:00
01:00	easier	01:00
02:00	harder	02:00
04:00	easier	01:00
05:00	harder	03:00
08:00	easier	01:00
09:00	harder	04:00
13:00	easier	01:00
14:00	harder	05:00
19:00	easier	01:00
20:00	harder	04:00
24:00	easier	01:00
25:00	harder	03:00
28:00	easier	01:00
29:00	harder	02:00
31:00	easier	01:00
32:00	harder	01:00
33:00	easier	01:00