

MINOURN Watt-Master Course Profile Design Sheet

Course Name: _____ Your Weight: _____ kgs

H																				
5																				
4																				
3																				
2																				
1																				
L																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

km / mile

Program																				

Gradient / Watt
Resistance Level

Result																				

Time
Ave. Speed
Ave. Cadence

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