

INDICATIVE INTENSITY LEVELS FOR STEADY STATE [AEROBIC] ERGOMETER WORK

The following scale of 80%-85% intensity levels would be typical for say a 20 min. piece

OPTIMAL OUTPUT [THE AVERAGE TIME FOR A 1 MINUTE PIECE AT MAXIMUM INTENSITY - ERGO DRAG FACTOR 110]	80% OPTIMAL	85% OPTIMAL
MIN.SEC/500M	MINS.SEC/500M	MINS.SEC/500M
1.30	1.48	1.44
1.31	1.49	1.45
1.32	1.50	1.46
1.33	1.52	1.47
1.34	1.53	1.48
1.35	1.54	1.49
1.36	1.55	1.50
1.37	1.57	1.52
1.38	1.58	1.53
1.39	1.60	1.54
1.40	2.00	1.55
1.41	2.01	1.56
1.42	2.02	1.57
1.43	2.04	1.58
1.44	2.05	2.00
1.45	2.06	2.01
1.46	2.07	2.02
1.47	2.08	2.03
1.48	2.09	2.04
1.49	2.10	2.05
1.50	2.12	2.07
1.51	2.13	2.08
1.52	2.15	2.09
1.53	2.16	2.10
1.54	2.17	2.11
1.55	2.18	2.12
1.56	2.19	2.13
1.57	2.20	2.15
1.58	2.22	2.16
1.59	2.23	2.17
2.00	2.24	2.18
2.01	2.25	2.19
2.02	2.26	2.20
2.03	2.28	2.21
2.04	2.29	2.23
2.05	2.30	2.24
2.06	2.31	2.25
2.07	2.32	2.26
2.08	2.34	2.27
2.09	2.35	2.28
2.10	2.36	2.30

NOTE: 80% and 85% intensity times do not follow sequentially in some cases due to rounding off to the nearest second.