

A

0 10 20 30 40 50 60 70 80 90 100 110 120

10 min rest

10 min rest

B

0 10 20 30 40 50 60 70 80 90 100 110 120

10 min rest

10 min rest

C

0 10 20 30 40 50 60 70 80 90 100 110 120

10 min rest

10 min rest

