

Modified Bruce Protocol*

Stage	Time (minutes)	Km/hour	%Gradient
1	3	2.7	10
2	3	4.0	12
3	3	5.4	14
4	3	6.9	15
5	3	8.7	15
6	3	10	15
7	3	11.5	15

*Modification Calculation

$$mets = \frac{(speed * 0.1) + (speed * 1.8 * grade) + 3.5}{3.5}$$