

The drop in power is based on the number of watts achieved in the THIRD interval. This is because typically the effort that a rider can put forth in the first two intervals will be much higher than that the rider could actually repeat multiple times.

INTERVAL LENGTH	AVERAGE DROP IN POWER
20 mins	3-5%
10 mins	4-6%
5 mins	5-7%
3 mins	8-9%
2 mins	10-12%
1 min	10-12%
30s	12-15%
15s	10-15%

Table is from 'Training and racing with a power meter' – Allen, Coggan, McGregor