1. Find breakpoint times in Breeze
2. Record breakpoint times and ID number in spreadsheet
   1. Add 2 mile speed
3. In R
   1. Read in test
   2. Remove event markers
   3. Using exercise time, create a stage number
   4. Fix the speed data to how it was programmed into Breeze
   5. Filter data off of the stage number to just the ramping data then store as df
   6. Filter data off of stage number to the 62.5% stage then store as df
   7. \*MRT calculation\*
      1. Upper limit of VT1
      2. Lower limit of 1 minute into the ramp
      3. Fit a regression line of VO2 vs. speed
      4. Plug in VO2 from SS and solve for speed
      5. Find difference between actual SS speed and regression line SS speed from above
      6. Calculate the time difference for that speed difference using ramp rate