Key: $15 \mid 7 = 157$			
Untrained cyclists	Stem	Trained cyclists	
	7	2 3 4 5 6 7 8 9	

Heart rate up hill at same speed

	'	
	8	0
987	15	
$6\ 5\ 4\ 3\ 2\ 1\ 0$	16	

6 5 4 3 2 1 0 | 16