#include<avr/io.h>

int main()

{

DDRB|=0b00000001;

TCCR1B=(1<<CS10)|(1<<CS11);

unsigned int k=0,m=200;

Serial.begin(9600);

while(1)

{

if(TCNT1>=100)

{

TCNT1=0;

k++;

if(k>=m)

{

PORTB^=0b00000001;

k=0;

if((PINB & 0x02)==0b00000000)

{

m+=20;

}

else if((PINB & 0x04)==0b00000000)

{

m-=20;

}

}

if(m<40)

{

m=40;

}

Serial.println(m);

}

}

return 0;

}