

# SYNERGY

CYCLING

**Program:** Base Camp - Program P008  
**Time:** 00:54:30  
**Program by:** Chris MacDonald. Copyright eTensor & Synergy Cycling

Profile	Segment	Time	Cadence	Gear	Position	Intensity
	1	00:04:00	80-100	4--5	seated	4
	2	00:02:00	90-100	6--	seated	5--6
	3	00:02:00	90-100	7--	seated	6
	4	00:02:00	90-100	8--	seated	6--7
	5	00:04:00	70-80	11--15	seated	7
	6	00:00:30	65-80	16--20	seated	7--8
	7	00:00:30	65-80	16--20	standing	7--8
	8	00:02:00	85-95	5	seated	6--7
	9	00:04:00	80-90	11--15	seated	7--8
	10	00:00:30	65-75	16--20	seated	7--8
	11	00:00:30	65-75	16--20	standing	7--8
	12	00:01:30	65-75	1--5	seated	4--5
	13	00:02:00	80-100	5--	seated	6
	14	00:03:00	80-100	6--10	seated	7
	15	00:03:00	80-100	11--15	seated	7--8
	16	00:02:00	80-100	5--	seated	6
	17	00:00:35	70-80	16--20	seated	6--7
	18	00:00:15	70-80	16--20	standing	7--8
	19	00:02:00	80-100	1--5	seated	6
	20	00:00:35	70-80	16--20	seated	7--8
	21	00:00:35	70-80	16--20	standing	7--8
	22	00:02:00	80-100	1--5	seated	5--6
	23	00:00:45	70-80	16--20	seated	7--8
	24	00:00:45	70-80	16--20	standing	8
	25	00:01:30	70-85	1--5	seated	4--5
	26	00:06:00	80-100	6--10	seated	7
	27	00:06:00	80-100	1--5	seated	6