

SYNERGY

CYCLING

Program: Base Camp - program P0013

Time: 00:55:00

Program by: Chris MacDonald. Copyright eTensor & Synergy Cycling

Profile	Segment	Total time	Time	Cadence	Gear	Position	Intensity
	1	00:01:00	00:01:00	80-100	3--	seated	4--5
	2	00:03:00	00:02:00	80-100	4--5	seated	5--6
	3	00:05:00	00:02:00	90-100	6--	seated	5--6
	4	00:07:00	00:02:00	90-100	7--10	seated	6--7
	5	00:09:00	00:02:00	80-100	4--5	seated	5--6
	6	00:11:00	00:02:00	80-100	11--15	seated	7--8
	7	00:13:00	00:02:00	90-100	4--5	seated	6--7
	8	00:14:00	00:01:00	70-80	16--18	seated	8
	9	00:14:30	00:00:30	70-80	16--18	standing	8
	10	00:16:30	00:02:00	80-100	4--5	seated	6--7
	11	00:17:30	00:01:00	70-80	16--18	standing	7
	12	00:19:00	00:01:30	70-80	16--18	seated	7--8
	13	00:21:00	00:02:00	60-80	1--3	seated	4--5
	14	00:24:00	00:03:00	90-100	4--5	seated	5--6
	15	00:25:30	00:01:30	80-100	7--10	seated	7
	16	00:27:00	00:01:30	80-100	11--13	seated	8
	17	00:28:30	00:01:30	65-75	16--18	seated	8
	18	00:29:15	00:00:45	65-75	17--19	standing	8
	19	00:32:15	00:03:00	80-100	4--5	seated	6--7
	20	00:34:15	00:02:00	90-100	7--10	seated	7--8
	21	00:34:45	00:00:30	75-85	14--15	standing	8
	22	00:36:45	00:02:00	80-100	4--5	seated	7
	23	00:38:45	00:02:00	90-100	7--9	seated	7--8
	24	00:39:30	00:00:45	70-85	14--15	standing	8
	25	00:41:00	00:01:30	70-85	16--19	seated	8
	26	00:42:00	00:01:00	60-80	1--3	seated	4--5
	27	00:46:00	00:04:00	80-100	7--10	seated	7
	28	00:48:00	00:02:00	65-75	17--19	seated	8
	29	00:49:00	00:01:00	65-75	17--19	standing	8
	30	00:52:00	00:03:00	90-100	7--10	seated	7--8
	31	00:55:00	00:03:00	70-90	4--5	seated	5