

# SYNERGY

CYCLING

**Program:** Base Camp - program P0014

**Time:** 00:55:00

**Program by:** Chris MacDonald. Copyright eTensor & Synergy Cycling

Profile	Segment	Total time	Time	Cadence	Gear	Position	Intensity
	1	00:04:00	00:04:00	80-100	1--5	seated	5--6
	2	00:06:00	00:02:00	80-100	6--10	seated	6--7
	3	00:08:00	00:02:00	90-100	6--10	seated	7
	4	00:11:00	00:03:00	90-100	11--15	seated	7--8
	5	00:16:00	00:05:00	80-100	6--10	seated	7
	6	00:17:00	00:01:00	60-80	1--5	seated	4--5
	7	00:18:30	00:01:30	80-100	1--5	seated	5--6
	8	00:20:30	00:02:00	90-100	6--10	seated	7
	9	00:21:15	00:00:45	105-115	6--10	seated	7--8
	10	00:23:15	00:02:00	80-100	6--10	seated	7--8
	11	00:24:00	00:00:45	105-115	6--10	seated	7--8
	12	00:26:00	00:02:00	80-100	6--10	seated	7--8
	13	00:26:45	00:00:45	105-115	6--10	seated	7--8
	14	00:27:45	00:01:00	60-80	1--5	seated	4--5
	15	00:29:15	00:01:30	80-100	1--5	seated	5
	16	00:30:00	00:00:45	60-80	16--20	standing	7--8
	17	00:31:00	00:01:00	80-100	1--5	seated	6
	18	00:31:50	00:00:50	70-80	11--15	seated	6--7
	19	00:32:00	00:00:10	75-85	11--15	standing	7--8
	20	00:32:50	00:00:50	75-85	11--15	seated	7--8
	21	00:33:00	00:00:10	75-85	11--15	standing	7--8
	22	00:33:50	00:00:50	75-85	11--15	seated	7--8
	23	00:34:10	00:00:20	75-85	11--15	standing	7--8
	24	00:35:10	00:01:00	60-80	1--5	seated	4--5
	25	00:38:10	00:03:00	80-100	1--5	seated	6--7
	26	00:40:10	00:02:00	70-80	11--15	seated	7
	27	00:42:10	00:02:00	80-90	11--15	seated	7--8
	28	00:44:10	00:02:00	90-100	11--15	seated	7--8
	29	00:45:10	00:01:00	60-80	1--5	seated	4--5
	30	00:47:10	00:02:00	80-100	1--5	seated	5--6
	31	00:50:10	00:03:00	90-105	6--10	seated	6--7
	32	00:55:00	00:04:50	60-80	1--5	seated	4--5