

SYNERGY

CYCLING

Program: Base Camp - Program P0022

Time: 00:50:00

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	3--	seated	4--5
	2	00:05:00	00:01:00	80-100	4--	seated	5
	3	00:07:00	00:02:00	80-100	5--	seated	5
	4	00:10:00	00:03:00	80-100	6--8	seated	6
	5	00:10:30	00:00:30	80-100	11--15	seated	7--8
	6	00:12:30	00:02:00	80-100	6--10	seated	7--8
	7	00:13:30	00:01:00	80-100	13--15	seated	8
	8	00:16:30	00:03:00	80-100	4--5	seated	7
	9	00:19:30	00:03:00	60-70	16--18	seated	7--8
	10	00:21:00	00:01:30	60-80	1--5	seated	4--5
	11	00:23:00	00:02:00	80-100	4--5	seated	5--6
	12	00:25:00	00:02:00	80-100	11--15	seated	7--8
	13	00:28:00	00:03:00	80-100	4--5	seated	7
	14	00:28:30	00:00:30	60-70	16--20	standing	8
	15	00:29:30	00:01:00	80-100	4--5	seated	6--7
	16	00:30:30	00:01:00	95-110	6--8	seated	7
	17	00:32:30	00:02:00	80-100	4--5	seated	6--7
	18	00:33:30	00:01:00	95-105	8--10	seated	7
	19	00:35:30	00:02:00	80-100	4--5	seated	6--7
	20	00:36:30	00:01:00	95-105	11--12	seated	7--8
	21	00:38:00	00:01:30	60-80	1--5	seated	4--5
	22	00:40:00	00:02:00	80-100	4--5	seated	5--6
	23	00:40:30	00:00:30	80-100	16--18	seated	7--8
	24	00:42:00	00:01:30	80-100	4--5	seated	6--7
	25	00:42:30	00:00:30	60-80	16--18	standing	8
	26	00:44:00	00:01:30	80-100	4--5	seated	6--7
	27	00:44:30	00:00:30	75-90	18--20	seated	8
	28	00:45:30	00:01:00	80-100	4--5	seated	6--7
	29	00:46:00	00:00:30	60-80	18--20	standing	8
	30	00:50:00	00:04:00	80-100	4--5	seated	6--7