

SYNERGY

CYCLING

Program: Advanced Camp - program P0025

Time: 00:54:00

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--6
	3	00:07:00	00:02:00	80-100	5--	seated	5--6
	4	00:10:00	00:03:00	80-100	6--8	seated	6--7
	5	00:13:00	00:03:00	80-100	8--10	seated	7--8
	6	00:15:00	00:02:00	75-85	16--19	standing	8--
	7	00:19:00	00:04:00	75-95	12--14	seated	8--
	8	00:22:00	00:03:00	70-80	16--19	standing	8--9
	9	00:27:00	00:05:00	75-95	12--14	seated	8--
	10	00:31:00	00:04:00	70-80	16--19	seated	8--9
	11	00:37:00	00:06:00	75-95	12--14	seated	8--
	12	00:40:00	00:03:00	70-80	16--19	standing	8--9
	13	00:42:00	00:02:00	80-100	8--	seated	7--8
	14	00:43:00	00:01:00	90-105	18--20	standing	9--
	15	00:45:00	00:02:00	65-85	2--4	seated	4--5
	16	00:47:00	00:02:00	80-100	6--7	seated	6--7
	17	00:51:00	00:04:00	80-100	8--	seated	7--
	18	00:55:00	00:03:00	80-100	1--5	seated	5--6