

# SYNERGY

CYCLING

**Program:** Advanced Camp - program P0026

**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	00:10:30	00:00:30	85-105	13--	seated	8--
	6	00:12:00	00:01:30	75-95	5--	seated	7--
	7	00:12:30	00:00:30	85-105	16--	seated	8--9
	8	00:14:00	00:01:30	75-95	5--	seated	7--
	9	00:14:30	00:00:30	85-105	17--	seated	8--9
	10	00:16:00	00:01:30	75-95	5--	seated	7--
	11	00:16:30	00:00:30	85-105	18--	seated	8--9
	12	00:18:00	00:01:30	75-95	5--	seated	7--
	13	00:18:30	00:00:30	85-105	19--	seated	8--9
	14	00:20:00	00:01:30	75-95	5--	seated	7--
	15	00:20:30	00:00:30	85-105	20--	seated	8--9
	16	00:22:00	00:01:30	60-80	2--3	seated	5--
	17	00:23:30	00:01:30	80-100	5--	seated	6--
	18	00:24:00	00:00:30	70-90	16--	standing	8--9
	19	00:25:30	00:01:30	75-95	5--	seated	7--
	20	00:26:00	00:00:30	70-90	17--	standing	8--9
	21	00:27:30	00:01:30	75-95	5--	seated	7--
	22	00:28:00	00:00:30	70-90	18--	standing	8--9
	23	00:29:30	00:01:30	75-95	5--	seated	7--
	24	00:30:00	00:00:30	70-90	19--	standing	8--9
	25	00:31:30	00:01:30	75-95	5--	seated	7--
	26	00:32:00	00:00:30	70-90	20--	standing	8--9
	27	00:33:30	00:01:30	60-80	2--3	seated	5--
	28	00:36:30	00:03:00	85-95	8--	seated	7--
	29	00:40:30	00:04:00	70-85	16--20	seated	8--
	30	00:42:30	00:02:00	70-85	16--20	standing	8--9
	31	00:46:30	00:04:00	70-85	16--20	seated	8--
	32	00:50:00	00:03:30	80-100	8--	seated	7--8
	33	00:54:00	00:04:00	80-100	1--5	seated	5--6