

Program: 32 - BaseCamp
Time: 00:55:00
Program by: Anders Hedeager Pedersen - Copyright eTensor & Synergy Cycling



Profile	Seg	Total time	Time	Cadence	Gear	Position	Intensity	Comments
*	I	1	00:03:00	00:03:00	80 -- 100	3 -- 5	Seated	4 -- 5 Moderate exercise
	I	2	00:06:00	00:03:00	80 -- 100	6 -- 8	Seated	Ligfht stressing exercise Warm up, 1 minutes per gear..
*	II	3	00:09:00	00:03:00	80 -- 100	8 -- 10	Seated	6 -- 7 Relatively hard exercise
*	I	4	00:10:30	00:01:30	80 -- 100	4 -- 5	Seated	5 -- 6 Ligfht stressing exercise
*	II	5	00:12:00	00:01:30	70 -- 90	11 -- 13	Seated	6 -- 7 Relatively hard exercise
	I	6	00:12:30	00:00:30	80 -- 100	4 -- 5	Seated	5 -- 6 Ligfht stressing exercise
	II	7	00:13:00	00:00:30	100 -- 120	4 -- 5	Seated	6 -- 7 Relatively hard exercise
	I	8	00:14:00	00:01:00	80 -- 100	4 -- 5	Seated	5 -- 6 Ligfht stressing exercise
	II	9	00:14:45	00:00:45	100 -- 120	4 -- 5	Seated	6 -- 7 Relatively hard exercise
*	I	10	00:15:45	00:01:00	80 -- 100	4 -- 5	Seated	5 -- 6 Ligfht stressing exercise
*	II	11	00:16:30	00:00:45	80 -- 100	11 -- 11	Seated	7 -- 7 Relatively hard exercise
*	I	12	00:17:45	00:01:15	80 -- 100	4 -- 5	Seated	5 -- 6 Ligfht stressing exercise
*	II	13	00:18:30	00:00:45	80 -- 100	12 -- 12	Seated	7 -- 7 Relatively hard exercise
*	I	14	00:19:45	00:01:15	80 -- 100	4 -- 5	Seated	5 -- 6 Ligfht stressing exercise
*	III	15	00:20:15	00:00:30	80 -- 100	13 -- 13	Seated	7 -- 8 Hard exercise
*	I	16	00:21:45	00:01:30	80 -- 100	4 -- 5	Seated	5 -- 6 Ligfht stressing exercise
*	III	17	00:22:15	00:00:30	75 -- 95	14 -- 14	Seated	7 -- 8 Hard exercise
*	I	18	00:23:45	00:01:30	80 -- 100	4 -- 5	Seated	5 -- 6 Ligfht stressing exercise
*	III	19	00:24:15	00:00:30	70 -- 90	15 -- 15	Seated	8 -- 8 Hard exercise

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	IIII	20	00:26:15	00:02:00	60 -- 80	1 -- 3	Seated 3 -- 4	Relatively light exercise Press "0"
*	IIII	21	00:26:45	00:00:30	80 -- 100	4 -- 5	Seated 4 -- 5	Moderate exercise
	I IIIII	22	00:28:45	00:02:00	80 -- 100	7 -- 9	Seated 5 -- 6	Ligfht stressing exercise
	III IIIII	23	00:29:00	00:00:15	60 -- 80	16 -- 20	Standing 7 -- 8	Hard exercise Here it important to instruct new users how to "stand" a the bike
*	I IIIII	24	00:30:45	00:01:45	80 -- 100	4 -- 5	Seated 6 -- 6	Ligfht stressing exercise
*	III IIIII	25	00:31:05	00:00:20	60 -- 80	16 -- 20	Standing 7 -- 8	Hard exercise
*	I IIIII	26	00:32:45	00:01:40	80 -- 100	4 -- 5	Seated 6 -- 6	Ligfht stressing exercise
*	III IIIII	27	00:33:10	00:00:25	60 -- 80	16 -- 20	Standing 7 -- 8	Hard exercise
*	I IIIII	28	00:34:45	00:01:35	80 -- 100	4 -- 5	Seated 6 -- 6	Ligfht stressing exercise
*	III IIIII	29	00:35:30	00:00:45	60 -- 80	16 -- 20	Standing 8 -- 8	Hard exercise
	IIII	30	00:37:30	00:02:00	60 -- 80	1 -- 3	Seated 3 -- 4	Relatively light exercise Press "0"
	IIIII	31	00:39:00	00:01:30	80 -- 100	4 -- 5	Seated 4 -- 5	Moderate exercise
	II IIIII	32	00:44:00	00:05:00	80 -- 100	6 -- 10	Seated 6 -- 7	Relatively hard exercise Start the 12 minutes uphill towards the end...
	III IIIII	33	00:49:00	00:05:00	70 -- 90	11 -- 15	Seated 7 -- 8	Hard exercise
	III IIIII	34	00:51:00	00:02:00	65 -- 85	16 -- 18	Seated 8 -- 8	Hard exercise
	I IIIII	35	00:55:00	00:04:00	70 -- 100	1 -- 5	Seated 6 -- 6	Ligfht stressing exercise Press "0", Cool Down