

**Program:** P0037 - Basecamp  
**Time:** 00:57:00  
**Program by:** Jerry Kjær Nielsen - Copyright eTensor & Synergy Cycling



Profile	Seg	Total time	Time	Cadence	Gear	Position	Intensity	Comments
I	1	00:03:00	00:03:00	80 -- 100	1 -- 5	Seated	3 -- 4	Relatively light exercise
I	2	00:06:00	00:03:00	70 -- 80	6 -- 10	Seated	5 -- 6	Ligfht stressing exercise
I	3	00:07:00	00:01:00	85 -- 100	6 -- 10	Seated	5 -- 6	Ligfht stressing exercise
II	4	00:08:00	00:01:00	60 -- 80	11 -- 15	Standing	6 -- 7	Relatively hard exercise
I	5	00:09:00	00:01:00	80 -- 100	5 -- 5	Seated	5 -- 6	Ligfht stressing exercise
I	6	00:11:00	00:02:00	80 -- 100	8 -- 10	Seated	5 -- 6	Ligfht stressing exercise
II	7	00:13:00	00:02:00	80 -- 100	11 -- 12	Seated	6 -- 7	Relatively hard exercise
III	8	00:13:30	00:00:30	70 -- 80	16 -- 20	Standing	7 -- 8	Hard exercise
I	9	00:15:00	00:01:30	60 -- 80	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
II	10	00:18:00	00:03:00	85 -- 100	8 -- 10	Seated	6 -- 7	Relatively hard exercise
I	11	00:20:00	00:02:00	70 -- 80	5 -- 5	Seated	5 -- 6	Ligfht stressing exercise
II	12	00:23:00	00:03:00	90 -- 100	8 -- 10	Seated	6 -- 7	Relatively hard exercise
I	13	00:24:00	00:01:00	60 -- 80	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
III	14	00:24:20	00:00:20	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	15	00:24:30	00:00:10	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III	16	00:24:50	00:00:20	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	17	00:25:00	00:00:10	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III	18	00:25:20	00:00:20	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	19	00:25:30	00:00:10	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise

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III	20	00:25:50	00:00:20	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	21	00:26:00	00:00:10	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III	22	00:26:20	00:00:20	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	23	00:26:30	00:00:10	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III	24	00:26:50	00:00:20	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	25	00:27:00	00:00:10	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
I	26	00:28:00	00:01:00	70 -- 80	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
III	27	00:28:30	00:00:30	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	28	00:28:45	00:00:15	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III	29	00:29:15	00:00:30	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	30	00:29:30	00:00:15	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III	31	00:30:00	00:00:30	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	32	00:30:15	00:00:15	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III	33	00:30:45	00:00:30	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	34	00:31:00	00:00:15	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III	35	00:31:30	00:00:30	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
	36	00:31:45	00:00:15	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
I	37	00:32:45	00:01:00	70 -- 80	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
III	38	00:33:25	00:00:40	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise

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Profile	Seg	Total time	Time	Cadence	Gear	Position	Intensity	Comments
IIII	39	00:33:45	00:00:20	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIII	40	00:34:25	00:00:40	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
IIII	41	00:34:45	00:00:20	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIII	42	00:35:25	00:00:40	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
IIII	43	00:35:45	00:00:20	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIII	44	00:36:25	00:00:40	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
IIII	45	00:36:45	00:00:20	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
I IIII	46	00:39:45	00:03:00	80 -- 100	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
III IIII	47	00:40:35	00:00:50	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
IIII	48	00:41:00	00:00:25	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIII	49	00:41:50	00:00:50	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
IIII	50	00:42:15	00:00:25	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIII	51	00:43:05	00:00:50	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
IIII	52	00:43:30	00:00:25	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
I IIII	53	00:44:30	00:01:00	70 -- 80	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
III IIII	54	00:45:30	00:01:00	90 -- 105	11 -- 11	Seated	7 -- 8	Hard exercise
IIII	55	00:46:00	00:00:30	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIII	56	00:47:00	00:01:00	90 -- 105	11 -- 11	Seated	8 -- 8	Hard exercise
IIII	57	00:47:30	00:00:30	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise

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I	58	00:48:30	00:01:00	70 -- 80	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
III	59	00:49:45	00:01:15	90 -- 105	11 -- 11	Seated	8 -- 8	Hard exercise
	60	00:50:15	00:00:30	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III	61	00:51:30	00:01:15	90 -- 105	11 -- 11	Seated	8 -- 8	Hard exercise
	62	00:52:00	00:00:30	60 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
I	63	00:53:00	00:01:00	80 -- 90	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
I	64	00:55:00	00:02:00	70 -- 80	6 -- 10	Seated	6 -- 6	Ligfht stressing exercise
I	65	00:57:00	00:02:00	80 -- 100	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise