

Program: P0038 - Basecamp
Time: 00:54:45
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	5 -- 6	Ligfht stressing exercise
I		2	00:06:00	00:03:00	70 -- 80	6 -- 10	Seated	6 -- 6	Ligfht stressing exercise
II		3	00:08:15	00:02:15	85 -- 100	6 -- 10	Seated	6 -- 7	Relatively hard exercise
II		4	00:09:00	00:00:45	60 -- 80	11 -- 15	Standing	7 -- 7	Relatively hard exercise
I		5	00:11:00	00:02:00	80 -- 100	5 -- 5	Seated	6 -- 6	Ligfht stressing exercise
II		6	00:13:00	00:02:00	80 -- 100	8 -- 10	Seated	7 -- 7	Relatively hard exercise
III		7	00:14:00	00:01:00	80 -- 100	11 -- 15	Seated	8 -- 8	Hard exercise
III		8	00:14:30	00:00:30	70 -- 80	16 -- 18	Standing	8 -- 8	Hard exercise
I		9	00:16:00	00:01:30	70 -- 90	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
II		10	00:18:00	00:02:00	85 -- 100	7 -- 7	Seated	7 -- 7	Relatively hard exercise
II		11	00:19:30	00:01:30	80 -- 100	9 -- 9	Seated	7 -- 7	Relatively hard exercise
II		12	00:20:30	00:01:00	75 -- 95	11 -- 11	Seated	7 -- 7	Relatively hard exercise
III		13	00:21:00	00:00:30	70 -- 85	13 -- 13	Standing	8 -- 8	Hard exercise
I		14	00:23:00	00:02:00	80 -- 100	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
II		15	00:25:00	00:02:00	85 -- 100	9 -- 9	Seated	7 -- 7	Relatively hard exercise
II		16	00:26:30	00:01:30	80 -- 100	11 -- 11	Seated	7 -- 7	Relatively hard exercise
III		17	00:27:30	00:01:00	75 -- 95	13 -- 13	Seated	8 -- 8	Hard exercise
III		18	00:28:00	00:00:30	70 -- 85	15 -- 15	Standing	8 -- 8	Hard exercise
I		19	00:30:00	00:02:00	80 -- 100	1 -- 5	Seated	6 -- 6	Ligfht stressing exercise

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II IIIII	20	00:32:00	00:02:00	85 -- 100	11 -- 11	Seated	7 -- 7	Relatively hard exercise
III IIIII	21	00:33:30	00:01:30	80 -- 100	13 -- 13	Seated	8 -- 8	Hard exercise
III IIIII	22	00:34:30	00:01:00	75 -- 95	15 -- 15	Seated	8 -- 8	Hard exercise
III IIIII	23	00:35:00	00:00:30	70 -- 85	17 -- 17	Standing	8 -- 8	Hard exercise
IIIIII	24	00:38:00	00:03:00	80 -- 100	1 -- 5	Seated	4 -- 5	Moderate exercise
II IIIII	25	00:38:30	00:00:30	100 -- 120	6 -- 8	Seated	7 -- 7	Relatively hard exercise
IIIIII	26	00:39:00	00:00:30	70 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIIII	27	00:39:45	00:00:45	100 -- 120	6 -- 8	Seated	7 -- 8	Hard exercise
IIIIII	28	00:40:15	00:00:30	70 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIIII	29	00:41:15	00:01:00	100 -- 120	6 -- 8	Seated	8 -- 8	Hard exercise
IIIIII	30	00:41:45	00:00:30	70 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIIII	31	00:43:00	00:01:15	100 -- 120	6 -- 8	Seated	8 -- 8	Hard exercise
IIIIII	32	00:43:30	00:00:30	70 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIIII	33	00:44:30	00:01:00	100 -- 120	6 -- 8	Seated	8 -- 8	Hard exercise
IIIIII	34	00:45:00	00:00:30	70 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
III IIIII	35	00:45:45	00:00:45	100 -- 120	6 -- 8	Seated	7 -- 8	Hard exercise
IIIIII	36	00:46:15	00:00:30	70 -- 80	3 -- 3	Seated	4 -- 5	Moderate exercise
II IIIII	37	00:46:45	00:00:30	100 -- 120	6 -- 8	Seated	7 -- 7	Relatively hard exercise
II IIIII	38	00:48:45	00:02:00	70 -- 80	6 -- 10	Seated	6 -- 7	Relatively hard exercise

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I IIIII	39	00:51:45	00:03:00	70 -- 80	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
I IIIII	40	00:54:45	00:03:00	80 -- 100	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise