

Program: P0039 - Basecamp+
Time: 00:55:00
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	4 -- 5 Moderate exercise	progressive warm up over 15 min
I	2	00:05:00	00:02:00	70 -- 80	6 -- 10	Seated	5 -- 5 Moderate exercise	Time:
I	3	00:06:00	00:01:00	85 -- 100	6 -- 10	Seated	5 -- 6 Ligfht stressing exercise	0,010416667
II	4	00:06:45	00:00:45	60 -- 80	11 -- 15	Standing	6 -- 7 Relatively hard exercise	
I	5	00:09:15	00:02:30	80 -- 100	5 -- 5	Seated	5 -- 5 Moderate exercise	
I	6	00:10:15	00:01:00	80 -- 100	8 -- 8	Seated	6 -- 6 Ligfht stressing exercise	
II	7	00:11:15	00:01:00	80 -- 100	9 -- 9	Seated	6 -- 7 Relatively hard exercise	
II	8	00:12:15	00:01:00	80 -- 100	10 -- 10	Seated	6 -- 7 Relatively hard exercise	
II	9	00:13:15	00:01:00	75 -- 95	11 -- 11	Seated	7 -- 7 Relatively hard exercise	
II	10	00:14:15	00:01:00	70 -- 90	12 -- 12	Seated	7 -- 7 Relatively hard exercise	
III	11	00:15:00	00:00:45	65 -- 85	16 -- 16	Standing	7 -- 8 Hard exercise	
I	12	00:17:00	00:02:00	80 -- 100	1 -- 5	Seated	5 -- 6 Ligfht stressing exercise	
I	13	00:18:00	00:01:00	80 -- 100	8 -- 10	Seated	6 -- 6 Ligfht stressing exercise	1. Climb
II	14	00:19:00	00:01:00	80 -- 100	11 -- 13	Seated	7 -- 7 Relatively hard exercise	Time:
III	15	00:19:30	00:00:30	65 -- 75	16 -- 18	Standing	8 -- 8 Hard exercise	0,003472222
III	16	00:20:30	00:01:00	100 -- 115	6 -- 8	Seated	8 -- 8 Hard exercise	
III	17	00:21:00	00:00:30	65 -- 75	16 -- 18	Standing	8 -- 8 Hard exercise	
III	18	00:22:00	00:01:00	100 -- 115	6 -- 8	Seated	8 -- 8 Hard exercise	
I	19	00:24:00	00:02:00	80 -- 100	1 -- 5	Seated	5 -- 6 Ligfht stressing exercise	

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II IIIII	20	00:25:00	00:01:00	80 -- 100	8 -- 10	Seated	7 -- 7 Relatively hard exercise	2. Climb
III IIIII	21	00:26:00	00:01:00	80 -- 100	11 -- 13	Seated	7 -- 8 Hard exercise	Time:
III IIIII	22	00:26:30	00:00:30	65 -- 75	17 -- 19	Standing	8 -- 8 Hard exercise	0,003472222
III IIIII	23	00:27:30	00:01:00	100 -- 115	6 -- 8	Seated	8 -- 8 Hard exercise	
III IIIII	24	00:28:00	00:00:30	65 -- 75	17 -- 19	Standing	8 -- 8 Hard exercise	
III IIIII	25	00:29:00	00:01:00	100 -- 115	6 -- 8	Seated	8 -- 8 Hard exercise	
I IIIII	26	00:31:00	00:02:00	60 -- 80	1 -- 5	Seated	5 -- 6 Ligfht stressing exercise	
II IIIII	27	00:32:00	00:01:00	80 -- 100	8 -- 10	Seated	7 -- 7 Relatively hard exercise	3. Climb
III IIIII	28	00:33:00	00:01:00	80 -- 100	11 -- 13	Seated	7 -- 8 Hard exercise	Time
III IIIII	29	00:33:30	00:00:30	65 -- 75	18 -- 20	Standing	8 -- 8 Hard exercise	0,003472222
III IIIII	30	00:34:30	00:01:00	100 -- 115	6 -- 8	Seated	8 -- 8 Hard exercise	
III IIIII	31	00:35:00	00:00:30	65 -- 75	18 -- 20	Standing	8 -- 8 Hard exercise	
III IIIII	32	00:36:00	00:01:00	100 -- 115	6 -- 8	Seated	8 -- 8 Hard exercise	
II IIIII	33	00:39:00	00:03:00	80 -- 100	1 -- 5	Seated	6 -- 7 Relatively hard exercise	
III IIIII	34	00:40:00	00:01:00	90 -- 100	11 -- 11	Seated	7 -- 8 Hard exercise	4.
I IIIII	35	00:41:00	00:01:00	70 -- 90	3 -- 5	Seated	6 -- 6 Ligfht stressing exercise	Time
III IIIII	36	00:42:00	00:01:00	90 -- 100	11 -- 11	Seated	7 -- 8 Hard exercise	0,005555556
I IIIII	37	00:43:00	00:01:00	70 -- 90	3 -- 5	Seated	6 -- 6 Ligfht stressing exercise	
III IIIII	38	00:44:00	00:01:00	90 -- 100	11 -- 11	Seated	7 -- 8 Hard exercise	

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I		39	00:45:00	00:01:00	70 -- 90	3 -- 5	Seated 6 -- 6	Ligfht stressing exercise
III		40	00:46:00	00:01:00	90 -- 100	11 -- 11	Seated 7 -- 8	Hard exercise
I		41	00:47:00	00:01:00	70 -- 90	3 -- 5	Seated 6 -- 6	Ligfht stressing exercise
III		42	00:49:00	00:02:00	80 -- 100	11 -- 11	Seated 7 -- 8	Hard exercise
II		43	00:50:00	00:01:00	80 -- 90	6 -- 10	Seated 7 -- 7	Relatively hard exercise
II		44	00:52:00	00:02:00	70 -- 80	6 -- 8	Seated 6 -- 7	Relatively hard exercise
		45	00:55:00	00:03:00	80 -- 100	1 -- 5	Seated 5 -- 5	Moderate exercise Cool down