

**Program:** P0041 - BaseCamp +  
**Time:** 00:55:15  
**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	Moderate exercise	progressive warm up over 15 min
I	2	00:04:00	00:01:00	100 -- 110	4 -- 5	Seated	Moderate exercise	
I	3	00:08:00	00:04:00	70 -- 90	6 -- 10	Seated	Ligfht stressing exercise	Time:
I	4	00:09:00	00:01:00	105 -- 115	5 -- 5	Seated	Ligfht stressing exercise	0,010416667
II	5	00:11:00	00:02:00	80 -- 100	7 -- 9	Seated	Relatively hard exercise	Programmet: Stående relativ hård belastning efterfulgt af høj kadance og let belastning. Afslutning 4 x 1 min. med relativ høj belastning.
I	6	00:12:00	00:01:00	90 -- 100	5 -- 5	Seated	Ligfht stressing exercise	
I	7	00:13:00	00:01:00	85 -- 95	9 -- 10	Seated	Ligfht stressing exercise	
II	8	00:13:30	00:00:30	80 -- 90	11 -- 12	Seated	Relatively hard exercise	
II	9	00:14:00	00:00:30	60 -- 80	17 -- 20	Standing	Relatively hard exercise	
I	10	00:15:00	00:01:00	80 -- 100	1 -- 5	Seated	Ligfht stressing exercise	
I	11	00:15:30	00:00:30	105 -- 115	4 -- 5	Seated	Ligfht stressing exercise	1. blok
I	12	00:17:30	00:02:00	80 -- 100	9 -- 9	Seated	Ligfht stressing exercise	Time
II	13	00:17:45	00:00:15	60 -- 80	17 -- 20	Standing	Relatively hard exercise	0,0140625
II	14	00:18:15	00:00:30	105 -- 115	4 -- 5	Seated	Relatively hard exercise	
II	15	00:20:15	00:02:00	80 -- 100	9 -- 9	Seated	Relatively hard exercise	
III	16	00:20:45	00:00:30	60 -- 80	17 -- 20	Standing	Hard exercise	
II	17	00:21:15	00:00:30	105 -- 115	4 -- 5	Seated	Relatively hard exercise	
II	18	00:23:15	00:02:00	80 -- 100	9 -- 9	Seated	Relatively hard exercise	
III	19	00:24:00	00:00:45	60 -- 80	17 -- 20	Standing	Hard exercise	

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II	IIIIII	20	00:24:30	00:00:30	105 -- 115	4 -- 5	Seated 7 -- 7	Relatively hard exercise
II	IIIIII	21	00:26:30	00:02:00	80 -- 100	9 -- 9	Seated 6 -- 7	Relatively hard exercise
III	IIIIII	22	00:27:30	00:01:00	60 -- 80	17 -- 20	Standing 8 -- 8	Hard exercise
III	IIIIII	23	00:28:00	00:00:30	105 -- 115	4 -- 5	Seated 7 -- 8	Hard exercise
II	IIIIII	24	00:30:00	00:02:00	80 -- 100	9 -- 9	Seated 6 -- 7	Relatively hard exercise
III	IIIIII	25	00:31:15	00:01:15	60 -- 80	17 -- 20	Standing 8 -- 8	Hard exercise
III	IIIIII	26	00:31:45	00:00:30	105 -- 115	4 -- 5	Seated 7 -- 8	Hard exercise
II	IIIIII	27	00:33:45	00:02:00	80 -- 100	9 -- 9	Seated 6 -- 7	Relatively hard exercise
III	IIIIII	28	00:35:15	00:01:30	60 -- 80	17 -- 20	Standing 8 -- 8	Hard exercise
I	IIIIII	29	00:37:15	00:02:00	80 -- 100	1 -- 5	Seated 5 -- 6	Ligfht stressing exercise 2, blok:
III	IIIIII	30	00:38:15	00:01:00	90 -- 105	11 -- 11	Seated 7 -- 8	Hard exercise Time:
I	IIIIII	31	00:39:45	00:01:30	80 -- 100	4 -- 5	Seated 6 -- 6	Ligfht stressing exercise
III	IIIIII	32	00:40:45	00:01:00	90 -- 105	12 -- 12	Seated 7 -- 8	Hard exercise
I	IIIIII	33	00:42:15	00:01:30	80 -- 100	4 -- 5	Seated 6 -- 6	Ligfht stressing exercise #REF!
III	IIIIII	34	00:43:15	00:01:00	85 -- 105	13 -- 13	Seated 7 -- 8	Hard exercise
I	IIIIII	35	00:44:45	00:01:30	80 -- 100	4 -- 5	Seated 6 -- 6	Ligfht stressing exercise
III	IIIIII	36	00:45:45	00:01:00	85 -- 105	14 -- 14	Seated 7 -- 8	Hard exercise
I	IIIIII	37	00:47:15	00:01:30	80 -- 100	4 -- 5	Seated 6 -- 6	Ligfht stressing exercise
II	IIIIII	38	00:50:15	00:03:00	80 -- 100	6 -- 10	Seated 7 -- 7	Relatively hard exercise

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II	39	00:52:15	00:02:00	80 -- 100	5 -- 5	Seated	6 -- 7	Relatively hard exercise
	40	00:55:15	00:03:00	60 -- 80	1 -- 5	Seated	4 -- 5	Moderate exercise Cool down