

Program: P0043 - Advancedcamp
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	Moderate exercise	progressive warm up over 13 min
I	2	00:04:00	00:01:00	100 -- 110	4 -- 4	Seated	Ligfht stressing exercise	
I	3	00:07:00	00:03:00	80 -- 100	6 -- 10	Seated	Ligfht stressing exercise	Time:
II	4	00:09:00	00:02:00	70 -- 80	11 -- 15	Seated	Relatively hard exercise	0,009027778
II	5	00:11:00	00:02:00	90 -- 100	8 -- 10	Seated	Relatively hard exercise	Programmet: Seated and standing temposkift.
I	6	00:13:00	00:02:00	80 -- 100	5 -- 5	Seated	Ligfht stressing exercise	
III	7	00:16:00	00:03:00	90 -- 100	12 -- 12	Seated	Hard exercise	1. blok
III	8	00:17:00	00:01:00	100 -- 110	12 -- 12	Seated	Extreamly hard exercise	Time
I	9	00:18:00	00:01:00	80 -- 100	5 -- 5	Seated	Ligfht stressing exercise	0,015277778
III	10	00:21:00	00:03:00	90 -- 100	12 -- 12	Seated	Hard exercise	2.
III	11	00:22:00	00:01:00	100 -- 110	12 -- 12	Seated	Extreamly hard exercise	
I	12	00:23:00	00:01:00	80 -- 100	5 -- 5	Seated	Ligfht stressing exercise	
III	13	00:26:00	00:03:00	90 -- 100	12 -- 12	Seated	Hard exercise	3.
III	14	00:27:00	00:01:00	100 -- 110	12 -- 12	Seated	Extreamly hard exercise	
I	15	00:28:00	00:01:00	80 -- 100	5 -- 5	Seated	Ligfht stressing exercise	
III	16	00:31:00	00:03:00	90 -- 100	12 -- 12	Seated	Hard exercise	4.
III	17	00:32:00	00:01:00	100 -- 110	12 -- 12	Seated	Extreamly hard exercise	
I	18	00:35:00	00:03:00	80 -- 100	1 -- 5	Seated	Ligfht stressing exercise	Recovery
III	19	00:35:45	00:00:45	60 -- 80	20 -- 20	Standing	Hard exercise	2. blok:

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	20	00:36:00	00:00:15	85 -- 105	20 -- 20	Standing	Extreamly hard exercise	Time:
I	21	00:37:00	00:01:00	70 -- 90	1 -- 5	Seated	Ligfht stressing exercise	0,013194444
	22	00:37:45	00:00:45	60 -- 80	20 -- 20	Standing	Extreamly hard exercise	2.
	23	00:38:00	00:00:15	85 -- 105	20 -- 20	Standing	Extreamly hard exercise	
I	24	00:39:00	00:01:00	70 -- 90	1 -- 5	Seated	Ligfht stressing exercise	
	25	00:39:45	00:00:45	60 -- 80	20 -- 20	Standing	Extreamly hard exercise	3.
	26	00:40:00	00:00:15	85 -- 105	20 -- 20	Standing	Extreamly hard exercise	
I	27	00:42:00	00:02:00	70 -- 90	1 -- 5	Seated	Ligfht stressing exercise	Recovery
	28	00:42:45	00:00:45	60 -- 80	20 -- 20	Standing	Hard exercise	4.
	29	00:43:00	00:00:15	85 -- 105	20 -- 20	Standing	Extreamly hard exercise	
I	30	00:44:00	00:01:00	70 -- 90	1 -- 5	Seated	Ligfht stressing exercise	
	31	00:44:45	00:00:45	60 -- 80	20 -- 20	Standing	Extreamly hard exercise	5.
	32	00:45:00	00:00:15	85 -- 105	20 -- 20	Standing	Extreamly hard exercise	
I	33	00:46:00	00:01:00	70 -- 90	1 -- 5	Seated	Ligfht stressing exercise	
	34	00:46:45	00:00:45	60 -- 80	20 -- 20	Standing	Extreamly hard exercise	6.
	35	00:47:00	00:00:15	85 -- 105	20 -- 20	Standing	Extreamly hard exercise	
I	36	00:49:00	00:02:00	70 -- 90	1 -- 5	Seated	Ligfht stressing exercise	Recovery
	37	00:49:45	00:00:45	60 -- 80	18 -- 18	Seated	Hard exercise	7.
	38	00:50:00	00:00:15	85 -- 105	18 -- 18	Seated	Hard exercise	

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I	39	00:51:00	00:01:00	70 -- 90	1 -- 5	Seated	6 -- 6	Ligfht stressing exercise
III	40	00:51:45	00:00:45	60 -- 80	18 -- 18	Seated	7 -- 8	Hard exercise 8.
III	41	00:52:00	00:00:15	85 -- 105	18 -- 18	Seated	8 -- 8	Hard exercise
I	42	00:54:00	00:02:00	70 -- 90	1 -- 5	Seated	6 -- 6	Ligfht stressing exercise
I	43	00:57:00	00:03:00	80 -- 100	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise Cool down