

Program: P0045 - Basecamp
Time: 00:56:45
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	Moderate exercise	progressive warm up over 10 min
I	2	00:07:00	00:04:00	70 -- 90	6 -- 10	Seated	Ligfht stressing exercise	Time:
I	3	00:08:00	00:01:00	100 -- 105	4 -- 5	Seated	Ligfht stressing exercise	0,006944444
I	4	00:10:00	00:02:00	80 -- 100	6 -- 10	Seated	Ligfht stressing exercise	
I	5	00:11:00	00:01:00	90 -- 100	6 -- 6	Seated	Ligfht stressing exercise	1. blok
I	6	00:12:00	00:01:00	80 -- 100	7 -- 7	Seated	Ligfht stressing exercise	0,012152778
I	7	00:13:00	00:01:00	80 -- 100	8 -- 8	Seated	Ligfht stressing exercise	Time:
II	8	00:14:00	00:01:00	80 -- 100	9 -- 9	Seated	Relatively hard exercise	0,003125
II	9	00:14:30	00:00:30	60 -- 80	10 -- 10	Standing	Relatively hard exercise	
I	10	00:16:30	00:02:00	80 -- 100	1 -- 5	Seated	Moderate exercise	
I	11	00:17:30	00:01:00	90 -- 100	8 -- 8	Seated	Ligfht stressing exercise	2.
I	12	00:18:30	00:01:00	80 -- 100	9 -- 9	Seated	Ligfht stressing exercise	Time
II	13	00:19:30	00:01:00	80 -- 100	10 -- 10	Seated	Relatively hard exercise	0,003125
II	14	00:20:30	00:01:00	80 -- 100	11 -- 11	Seated	Relatively hard exercise	
III	15	00:21:00	00:00:30	60 -- 80	12 -- 12	Standing	Hard exercise	
I	16	00:23:00	00:02:00	80 -- 100	1 -- 5	Seated	Moderate exercise	
II	17	00:24:00	00:01:00	90 -- 100	10 -- 10	Seated	Relatively hard exercise	3.
II	18	00:25:00	00:01:00	80 -- 100	11 -- 11	Seated	Relatively hard exercise	Time:
III	19	00:26:00	00:01:00	80 -- 100	12 -- 12	Seated	Hard exercise	0,003125

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III IIIII	20	00:27:00	00:01:00	80 -- 100	13 -- 13	Seated	8 -- 8 Hard exercise	
III IIIII	21	00:27:30	00:00:30	60 -- 80	14 -- 14	Standing	8 -- 8 Hard exercise	
IIIIII	22	00:29:30	00:02:00	80 -- 100	3 -- 5	Seated	5 -- 5 Moderate exercise	Active recovery
II IIIII	23	00:32:30	00:03:00	80 -- 100	6 -- 8	Seated	6 -- 7 Relatively hard exercise	2. blok
III IIIII	24	00:34:00	00:01:30	80 -- 100	8 -- 10	Seated	7 -- 8 Hard exercise	0,009895833
III IIIII	25	00:34:30	00:00:30	60 -- 80	11 -- 11	Standing	7 -- 8 Hard exercise	0,003472222
I IIIII	26	00:36:30	00:02:00	80 -- 100	3 -- 5	Seated	5 -- 6 Ligfht stressing exercise	
II IIIII	27	00:38:30	00:02:00	70 -- 90	8 -- 10	Seated	6 -- 7 Relatively hard exercise	2.
III IIIII	28	00:39:30	00:01:00	80 -- 100	11 -- 12	Seated	7 -- 8 Hard exercise	Time
III IIIII	29	00:40:00	00:00:30	60 -- 80	13 -- 13	Standing	8 -- 8 Hard exercise	0,002430556
I IIIII	30	00:42:00	00:02:00	80 -- 100	3 -- 5	Seated	5 -- 6 Ligfht stressing exercise	
II IIIII	31	00:43:00	00:01:00	70 -- 90	11 -- 12	Seated	6 -- 7 Relatively hard exercise	3.
III IIIII	32	00:43:30	00:00:30	90 -- 110	13 -- 14	Seated	7 -- 8 Hard exercise	Time:
III IIIII	33	00:43:45	00:00:15	60 -- 80	15 -- 15	Standing	8 -- 8 Hard exercise	0,001215278
IIIIII	34	00:45:45	00:02:00	80 -- 100	1 -- 5	Seated	5 -- 5 Moderate exercise	Avtive recovery
I IIIII	35	00:46:45	00:01:00	70 -- 90	9 -- 10	Seated	6 -- 6 Ligfht stressing exercise	3. blok
III IIIII	36	00:47:15	00:00:30	100 -- 115	9 -- 10	Seated	7 -- 8 Hard exercise	Time
III IIIII	37	00:48:15	00:01:00	70 -- 90	9 -- 10	Seated	7 -- 8 Hard exercise	0,006944444
III IIIII	38	00:48:45	00:00:30	100 -- 115	9 -- 10	Seated	8 -- 8 Hard exercise	

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III IIIII	39	00:49:45	00:01:00	70 -- 90	9 -- 10	Seated	7 -- 8 Hard exercise	
III IIIII	40	00:50:15	00:00:30	100 -- 115	9 -- 10	Seated	8 -- 8 Hard exercise	Temposkift
III IIIII	41	00:51:15	00:01:00	70 -- 90	9 -- 10	Seated	7 -- 8 Hard exercise	
III IIIII	42	00:51:45	00:00:30	100 -- 115	9 -- 10	Seated	8 -- 8 Hard exercise	
IIII	43	00:56:45	00:05:00	80 -- 100	1 -- 5	Seated	5 -- 5 Moderate exercise	Cool down