

Program: P0054 - Base Camp+
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	3 -- 5	Seated	4 -- 5 Moderate exercise	progressive warm up over 13½ min
I	2	00:04:00	00:01:00	95 -- 105	5 -- 5	Seated	5 -- 5 Moderate exercise	
I	3	00:07:00	00:03:00	80 -- 100	6 -- 10	Seated	6 -- 6 Ligfht stressing exercise	Time: 13:30
II	4	00:07:30	00:00:30	65 -- 80	16 -- 18	Standing	6 -- 7 Relatively hard exercise	
I	5	00:08:30	00:01:00	80 -- 100	5 -- 5	Seated	5 -- 6 Ligfht stressing exercise	Programmet:
II	6	00:10:30	00:02:00	85 -- 95	9 -- 10	Seated	6 -- 7 Relatively hard exercise	
II	7	00:11:30	00:01:00	80 -- 100	11 -- 13	Seated	6 -- 7 Relatively hard exercise	
I	8	00:13:30	00:02:00	80 -- 100	1 -- 5	Seated	5 -- 5 Moderate exercise	
II	9	00:14:00	00:00:30	65 -- 80	18 -- 20	Standing	7 -- 7 Relatively hard exercise	1. blok
I	10	00:14:30	00:00:30	80 -- 100	1 -- 5	Seated	4 -- 5 Moderate exercise	Time 5:30
III	11	00:15:15	00:00:45	65 -- 80	18 -- 20	Standing	7 -- 8 Hard exercise	
I	12	00:15:45	00:00:30	80 -- 100	1 -- 5	Seated	4 -- 5 Moderate exercise	
III	13	00:16:45	00:01:00	65 -- 80	18 -- 20	Standing	8 -- 8 Hard exercise	Pyramide
I	14	00:17:15	00:00:30	80 -- 100	1 -- 5	Seated	4 -- 5 Moderate exercise	
III	15	00:18:00	00:00:45	65 -- 80	18 -- 20	Standing	7 -- 8 Hard exercise	
I	16	00:18:30	00:00:30	80 -- 100	1 -- 5	Seated	4 -- 5 Moderate exercise	
II	17	00:19:00	00:00:30	65 -- 80	18 -- 20	Standing	7 -- 7 Relatively hard exercise	
I	18	00:21:00	00:02:00	80 -- 100	1 -- 5	Seated	4 -- 5 Moderate exercise	Recovery
II	19	00:24:00	00:03:00	85 -- 100	7 -- 7	Seated	6 -- 7 Relatively hard exercise	2. blok

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II	IIIIII	20	00:25:00	00:01:00	80 -- 100	10 -- 10	Seated 7 -- 7	Relatively hard exercise Time: 20:30
III	IIIIII	21	00:26:00	00:01:00	75 -- 95	13 -- 13	Seated 7 -- 8	Hard exercise
III	IIIIII	22	00:26:30	00:00:30	70 -- 80	16 -- 16	Standing 7 -- 8	Hard exercise 3 x 5,5 min
	IIIIII	23	00:28:30	00:02:00	80 -- 100	1 -- 5	Seated 4 -- 5	Moderate exercise
II	IIIIII	24	00:31:30	00:03:00	85 -- 100	9 -- 9	Seated 6 -- 7	Relatively hard exercise
II	IIIIII	25	00:32:30	00:01:00	80 -- 100	12 -- 12	Seated 7 -- 7	Relatively hard exercise
III	IIIIII	26	00:33:30	00:01:00	75 -- 95	15 -- 15	Seated 7 -- 8	Hard exercise
III	IIIIII	27	00:34:00	00:00:30	70 -- 80	18 -- 18	Standing 8 -- 8	Hard exercise
	IIIIII	28	00:36:00	00:02:00	80 -- 100	1 -- 5	Seated 4 -- 5	Moderate exercise
II	IIIIII	29	00:39:00	00:03:00	85 -- 100	11 -- 11	Seated 7 -- 7	Relatively hard exercise
III	IIIIII	30	00:40:00	00:01:00	80 -- 100	14 -- 14	Seated 7 -- 8	Hard exercise
III	IIIIII	31	00:41:00	00:01:00	75 -- 95	17 -- 17	Seated 8 -- 8	Hard exercise
III	IIIIII	32	00:41:30	00:00:30	70 -- 80	19 -- 19	Standing 8 -- 8	Hard exercise
	IIIIII	33	00:43:30	00:02:00	80 -- 100	1 -- 5	Seated 4 -- 5	Moderate exercise Recovery
II	IIIIII	34	00:44:15	00:00:45	100 -- 120	8 -- 10	Seated 7 -- 7	Relatively hard exercise 3. blok:
	IIIIII	35	00:44:45	00:00:30	70 -- 90	4 -- 4	Seated 4 -- 5	Moderate exercise Time: 7:15
III	IIIIII	36	00:45:45	00:01:00	100 -- 120	8 -- 10	Seated 7 -- 8	Hard exercise
	IIIIII	37	00:46:15	00:00:30	70 -- 90	4 -- 4	Seated 4 -- 5	Moderate exercise
III	IIIIII	38	00:47:30	00:01:15	100 -- 120	8 -- 10	Seated 8 -- 8	Hard exercise Pyramide

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IIIIII	39	00:48:00	00:00:30	70 -- 90	4 -- 4	Seated	4 -- 5 Moderate exercise	
III IIIII	40	00:49:00	00:01:00	100 -- 120	8 -- 10	Seated	7 -- 8 Hard exercise	
IIIIII	41	00:49:30	00:00:30	70 -- 90	4 -- 4	Seated	4 -- 5 Moderate exercise	
III IIIII	42	00:50:15	00:00:45	100 -- 120	8 -- 10	Seated	7 -- 8 Hard exercise	
IIIIII	43	00:50:45	00:00:30	70 -- 90	4 -- 4	Seated	4 -- 5 Moderate exercise	
II IIIII	44	00:52:00	00:01:15	70 -- 90	6 -- 7	Seated	6 -- 7 Relatively hard exercise	Recovery
IIIIII	45	00:55:00	00:03:00	60 -- 80	1 -- 5	Seated	5 -- 5 Moderate exercise	Cool down

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