

# SYNERGY

CYCLING

**Program:** Base Camp - program P005

**Time:** 01:00:30

**Program by:** Chris MacDonald. Copyright eTensor & Synergy Cycling

Profile	Segment	Total time	Time	Cadence	Gear	Position	Intensity
	1	00:03:00	00:03:00	80-100	1--5	seated	3--4
	2	00:06:00	00:03:00	80-100	6--10	seated	4--5
	3	00:12:00	00:06:00	80-100	6--10	seated	6--7
	4	00:15:00	00:03:00	80-100	1--5	seated	5--6
	5	00:16:00	00:01:00	100-120	1--5	seated	6--7
	6	00:17:30	00:01:30	60-80	1--5	seated	4--5
	7	00:21:30	00:04:00	80-100	1--5	seated	5--6
	8	00:25:30	00:04:00	80-100	6--10	seated	6--7
	9	00:26:00	00:00:30	60-80	16--20	standing	7--8
	10	00:27:30	00:01:30	80-100	1--5	seated	6--7
	11	00:28:30	00:01:00	60-80	16--20	standing	7--8
	12	00:30:00	00:01:30	60-80	1--5	seated	4--5
	13	00:34:00	00:04:00	80-100	1--5	seated	6--7
	14	00:34:30	00:00:30	60-80	16--20	standing	7--8
	15	00:36:00	00:01:30	80-100	1--5	seated	6--7
	16	00:37:00	00:01:00	60-80	16--20	standing	7--8
	17	00:38:30	00:01:30	60-80	1--5	seated	4--5
	18	00:40:30	00:02:00	80-100	1--5	seated	5--6
	19	00:44:30	00:04:00	80-100	6--10	seated	6--7
	20	00:47:30	00:03:00	60-80	11--15	seated	6--7
	21	00:51:30	00:04:00	80-100	1--5	seated	5--6
	22	00:53:00	00:01:30	60-80	16--20	seated	7--8
	23	00:54:00	00:01:00	60-80	1--5	seated	5--6
	24	00:55:30	00:01:30	80-100	6--10	seated	6--7
	25	00:57:30	00:02:00	80-100	11--15	seated	7--8
	26	01:00:30	00:03:00	60-80	1--5	seated	4--5