

Program: P0042 - SummitCamp
Time: 01:07:50
Program by: Jerry Kjær Nielsen - Copyright eTensor & Synergy Cycling



Profile	Seg	Total time	Time	Cadence	Gear	Position	Intensity	Comments
I	1	00:01:00	00:01:00	80 -- 100	1 -- 5	Seated	3 -- 4	Relatively light exercise
I	2	00:05:00	00:04:00	80 -- 100	6 -- 10	Seated	5 -- 6	Ligfht stressing exercise
III	3	00:07:00	00:02:00	80 -- 100	11 -- 15	Standing	7 -- 8	Hard exercise
II	4	00:10:00	00:03:00	95 -- 105	6 -- 10	Seated	6 -- 7	Relatively hard exercise
III	5	00:13:00	00:03:00	65 -- 75	16 -- 20	Standing	7 -- 8	Hard exercise
III	6	00:16:00	00:03:00	90 -- 105	6 -- 10	Seated	7 -- 8	Hard exercise
III	7	00:18:00	00:02:00	95 -- 105	12 -- 12	Seated	7 -- 8	Hard exercise
III	8	00:20:00	00:02:00	90 -- 105	13 -- 13	Seated	8 -- 8	Hard exercise
III	9	00:22:00	00:02:00	90 -- 105	14 -- 14	Seated	8 -- 9	Extreamly hard exercise
I	10	00:25:00	00:03:00	60 -- 80	6 -- 10	Seated	5 -- 6	Ligfht stressing exercise
III	11	00:28:00	00:03:00	90 -- 105	13 -- 13	Seated	8 -- 8	Hard exercise
III	12	00:31:00	00:03:00	90 -- 105	14 -- 14	Seated	8 -- 9	Extreamly hard exercise
III	13	00:34:00	00:03:00	90 -- 105	15 -- 15	Seated	8 -- 9	Extreamly hard exercise
I	14	00:36:00	00:02:00	80 -- 100	6 -- 10	Seated	5 -- 6	Ligfht stressing exercise
III	15	00:39:00	00:03:00	70 -- 80	16 -- 20	Seated	7 -- 8	Hard exercise
I	16	00:40:00	00:01:00	80 -- 100	1 -- 5	Seated	5 -- 6	Ligfht stressing exercise
III	17	00:43:00	00:03:00	80 -- 90	16 -- 20	Seated	8 -- 9	Extreamly hard exercise
III	18	00:45:00	00:02:00	60 -- 80	11 -- 15	Standing	7 -- 8	Hard exercise
III	19	00:48:00	00:03:00	60 -- 80	11 -- 15	Seated	7 -- 8	Hard exercise

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III IIIII	20	00:50:00	00:02:00	60 -- 80	16 -- 20	Seated	7 -- 8	Hard exercise
IIIIII	21	00:51:00	00:01:00	60 -- 80	1 -- 5	Seated	4 -- 5	Moderate exercise
I IIIII	22	00:54:00	00:03:00	80 -- 100	6 -- 10	Seated	5 -- 6	Ligfht stressing exercise
II IIIII	23	00:55:00	00:01:00	80 -- 100	5 -- 5	Seated	6 -- 7	Relatively hard exercise
IIII IIIII	24	00:56:00	00:01:00	80 -- 100	16 -- 20	Seated	9 -- 9	Extreamly hard exercise
I IIIII	25	00:58:00	00:02:00	80 -- 100	6 -- 10	Seated	5 -- 6	Ligfht stressing exercise
IIII IIIII	26	00:58:35	00:00:35	90 -- 120	22 -- 24	Standing	9 -- 10	Supra maximal exercise
II IIIII	27	00:59:35	00:01:00	80 -- 100	1 -- 5	Seated	6 -- 7	Relatively hard exercise
IIII IIIII	28	01:00:10	00:00:35	90 -- 120	22 -- 24	Seated	9 -- 10	Supra maximal exercise
II IIIII	29	01:01:10	00:01:00	80 -- 100	1 -- 5	Seated	6 -- 7	Relatively hard exercise
IIII IIIII	30	01:01:45	00:00:35	90 -- 120	22 -- 24	Standing	9 -- 10	Supra maximal exercise
II IIIII	31	01:02:45	00:01:00	80 -- 100	1 -- 5	Seated	6 -- 7	Relatively hard exercise
IIII IIIII	32	01:03:20	00:00:35	90 -- 120	22 -- 24	Seated	9 -- 10	Supra maximal exercise
IIII IIIII	33	01:07:50	00:04:30	60 -- 80	1 -- 5	Seated	4 -- 5	Moderate exercise