

**Program:** P0046 - Basecamp  
**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	1 -- 5	Seated	3 -- 4 Relatively light exercise	progressive warm up over 11 min
I	2	00:05:00	00:02:00	70 -- 90	3 -- 5	Seated	4 -- 5 Moderate exercise	Time:
I	3	00:06:00	00:01:00	90 -- 100	4 -- 5	Seated	5 -- 5 Moderate exercise	0,007638889
I	4	00:08:00	00:02:00	80 -- 100	6 -- 8	Seated	6 -- 6 Ligfht stressing exercise	
I	5	00:09:00	00:01:00	75 -- 85	8 -- 9	Seated	6 -- 6 Ligfht stressing exercise	
I	6	00:11:00	00:02:00	80 -- 100	3 -- 5	Seated	4 -- 5 Moderate exercise	
I	7	00:12:00	00:01:00	80 -- 100	6 -- 6	Seated	5 -- 5 Moderate exercise	1. blok
I	8	00:14:00	00:02:00	80 -- 100	7 -- 7	Seated	6 -- 6 Ligfht stressing exercise	Time
I	9	00:15:00	00:01:00	75 -- 85	8 -- 8	Seated	6 -- 6 Ligfht stressing exercise	0,013888889
II	10	00:16:00	00:01:00	85 -- 95	8 -- 8	Seated	6 -- 7 Relatively hard exercise	
II	11	00:17:00	00:01:00	95 -- 105	8 -- 8	Seated	7 -- 7 Relatively hard exercise	
I	12	00:18:00	00:01:00	80 -- 100	1 -- 5	Seated	5 -- 5 Moderate exercise	
I	13	00:19:00	00:01:00	80 -- 100	7 -- 7	Seated	6 -- 6 Ligfht stressing exercise	
II	14	00:21:00	00:02:00	80 -- 100	8 -- 8	Seated	6 -- 7 Relatively hard exercise	
II	15	00:22:00	00:01:00	75 -- 85	9 -- 9	Seated	6 -- 7 Relatively hard exercise	
II	16	00:23:00	00:01:00	85 -- 95	9 -- 9	Seated	7 -- 7 Relatively hard exercise	
III	17	00:24:00	00:01:00	95 -- 105	9 -- 9	Seated	7 -- 8 Hard exercise	
I	18	00:25:00	00:01:00	80 -- 100	1 -- 5	Seated	5 -- 5 Moderate exercise	
I	19	00:26:00	00:01:00	80 -- 100	8 -- 8	Seated	6 -- 6 Ligfht stressing exercise	

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Profile	Seg	Total time	Time	Cadence	Gear	Position	Intensity	Comments
II IIIII	20	00:28:00	00:02:00	80 -- 100	9 -- 9	Seated	7 -- 7	Relatively hard exercise
II IIIII	21	00:29:00	00:01:00	75 -- 85	10 -- 10	Seated	7 -- 7	Relatively hard exercise
III IIIII	22	00:30:00	00:01:00	85 -- 95	10 -- 10	Seated	7 -- 8	Hard exercise
III IIIII	23	00:31:00	00:01:00	95 -- 105	10 -- 10	Seated	8 -- 8	Hard exercise
IIIIII	24	00:34:00	00:03:00	80 -- 100	1 -- 5	Seated	5 -- 5	Moderate exercise Recovery
I IIIII	25	00:36:00	00:02:00	80 -- 100	7 -- 8	Seated	6 -- 6	Ligfht stressing exercise 2. blok
II IIIII	26	00:36:20	00:00:20	60 -- 80	11 -- 11	Standing	7 -- 7	Relatively hard exercise Time:
II IIIII	27	00:38:20	00:02:00	80 -- 100	8 -- 9	Seated	7 -- 7	Relatively hard exercise 0,005034722
III IIIII	28	00:38:45	00:00:25	60 -- 80	13 -- 13	Standing	7 -- 8	Hard exercise
III IIIII	29	00:40:45	00:02:00	80 -- 100	9 -- 10	Seated	7 -- 8	Hard exercise
III IIIII	30	00:41:15	00:00:30	60 -- 80	15 -- 15	Standing	8 -- 8	Hard exercise
IIIIII	31	00:43:45	00:02:30	70 -- 90	1 -- 5	Seated	4 -- 5	Moderate exercise Recovery
I IIIII	32	00:45:45	00:02:00	80 -- 100	6 -- 6	Seated	6 -- 6	Ligfht stressing exercise 3. Blok
II IIIII	33	00:46:45	00:01:00	80 -- 90	11 -- 11	Seated	7 -- 7	Relatively hard exercise Time:
II IIIII	34	00:48:30	00:01:45	80 -- 100	6 -- 7	Seated	6 -- 7	Relatively hard exercise 0,005729167
III IIIII	35	00:49:30	00:01:00	80 -- 90	13 -- 13	Seated	7 -- 8	Hard exercise
II IIIII	36	00:51:00	00:01:30	80 -- 100	7 -- 8	Seated	7 -- 7	Relatively hard exercise
III IIIII	37	00:52:00	00:01:00	90 -- 100	15 -- 15	Seated	8 -- 8	Hard exercise
IIIIII	38	00:55:00	00:03:00	60 -- 80	1 -- 5	Seated	4 -- 5	Moderate exercise Cool down