

Program: P0049 - AdvancedCamp+
Time: 00:58:30
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 15 min
I	2	00:05:00	00:02:00	100 -- 110	3 -- 5	Seated	5 -- 5 Moderate exercise	
I	3	00:07:00	00:02:00	80 -- 100	6 -- 10	Seated	6 -- 6 Ligfht stressing exercise	Time:
II	4	00:09:00	00:02:00	70 -- 90	11 -- 13	Seated	6 -- 7 Relatively hard exercise	0,010416667
I	5	00:10:00	00:01:00	80 -- 100	3 -- 5	Seated	5 -- 5 Moderate exercise	Programmet: Sidste blok er anvendt til træning af holdtidskørsel på bane. Der køres flest mulig watt.
I	6	00:11:00	00:01:00	95 -- 105	8 -- 10	Seated	6 -- 6 Ligfht stressing exercise	
II	7	00:12:00	00:01:00	80 -- 100	11 -- 12	Seated	7 -- 7 Relatively hard exercise	
III	8	00:13:00	00:01:00	80 -- 100	13 -- 15	Seated	7 -- 8 Hard exercise	
III	9	00:13:30	00:00:30	60 -- 80	16 -- 20	Standing	7 -- 8 Hard exercise	
I	10	00:15:00	00:01:30	80 -- 100	3 -- 5	Seated	5 -- 6 Ligfht stressing exercise	
II	11	00:16:00	00:01:00	80 -- 100	8 -- 10	Seated	6 -- 7 Relatively hard exercise	
III	12	00:17:00	00:01:00	60 -- 80	16 -- 20	Standing	7 -- 8 Hard exercise	1. blok
II	13	00:18:00	00:01:00	80 -- 100	8 -- 10	Seated	6 -- 7 Relatively hard exercise	Time
III	14	00:20:00	00:02:00	60 -- 80	16 -- 20	Standing	8 -- 8 Hard exercise	0,00625
II	15	00:21:00	00:01:00	80 -- 100	8 -- 10	Seated	6 -- 7 Relatively hard exercise	
III	16	00:24:00	00:03:00	60 -- 80	16 -- 20	Standing	8 -- 8 Hard exercise	
I	17	00:26:00	00:02:00	80 -- 100	3 -- 5	Seated	5 -- 6 Ligfht stressing exercise	
II	18	00:28:30	00:02:30	75 -- 85	11 -- 13	Seated	7 -- 7 Relatively hard exercise	2. blok:
III	19	00:29:30	00:01:00	100 -- 115	11 -- 13	Seated	8 -- 8 Hard exercise	Time:

Program: P0049 - AdvancedCamp+
Time: 00:58:30
Program by: Jerry Kjær Nielsen - Copyright eTensor & Synergy Cycling



Profile	Seg	Total time	Time	Cadence	Gear	Position	Intensity	Comments
III IIIII	20	00:32:00	00:02:30	75 -- 85	11 -- 13	Seated	7 -- 8 Hard exercise	0,007291667
III IIIII	21	00:33:00	00:01:00	100 -- 115	11 -- 13	Seated	8 -- 9 Hard exercise	
III IIIII	22	00:35:30	00:02:30	75 -- 85	11 -- 13	Seated	7 -- 8 Hard exercise	
III IIIII	23	00:36:30	00:01:00	100 -- 115	11 -- 13	Seated	8 -- 9 Hard exercise	
I IIIII	24	00:39:30	00:03:00	80 -- 100	3 -- 5	Seated	5 -- 6 Ligfht stressing exercise	
IIII IIIII	25	00:41:30	00:02:00	90 -- 110	16 -- 20	Seated	9 -- 10 Supra maximal exercise	3. blok
IIII IIIII	26	00:42:30	00:01:00	85 -- 105	16 -- 20	Standing	9 -- 10 Supra maximal exercise	Der køres med wattmåler og HR%
IIII	27	00:45:30	00:03:00	60 -- 80	1 -- 5	Seated	3 -- 4 Relatively light exercise	Recovery
IIII IIIII	28	00:47:30	00:02:00	90 -- 110	16 -- 20	Seated	9 -- 10 Supra maximal exercise	Time:
IIII IIIII	29	00:48:30	00:01:00	85 -- 105	16 -- 20	Standing	9 -- 10 Supra maximal exercise	0,010416667
IIII	30	00:51:30	00:03:00	60 -- 80	1 -- 5	Seated	3 -- 4 Relatively light exercise	Recovery
IIII IIIII	31	00:53:30	00:02:00	90 -- 110	16 -- 20	Seated	9 -- 10 Supra maximal exercise	
IIII IIIII	32	00:54:30	00:01:00	85 -- 105	16 -- 20	Standing	9 -- 10 Supra maximal exercise	
IIII	33	00:58:30	00:04:00	60 -- 80	1 -- 5	Seated	3 -- 4 Relatively light exercise	Cool down