

Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	3	3	Small	90-95	Easy warm up, spinning!
2	2	3	6	Small	95	Extended warm up
3	3	4	10	Small	100	Extended warm up
4	4	2	12	Bgx17	50	
5	5	2	14	Bgx17	60	
6	6	2	16	Bgx17	80+	
7	2	5	21	Smx19	90/95	
8	4	1	22	Bgx15	60	
9	2	1	23	Smx19	90/95	
10	4	1	24	Bgx15	60	
11	2	1	25	Smx19	90/95	
12	4	1	26	Bgx19	60	
13	2	1	27	Smx19	90/95	
14	4	1	28	Bgx15	60	
15	2	1	29	Smx19	90/95	
16	4	1	30	Bgx15	60	
17	2	1	31	Smx19	90/95	
18	4	1	32	Bgx15	60	
19	2	1	33	Smx19	90/95	
20	4	1	34	Bgx15	60	
21	2	1	35	Smx19	90/95	
22	4	1	36	Bgx15	60	
23	2	1	37	Smx19	90/95	
24	4	1	38	Bgx15	60	
25	2	1	39	Smx19	90/95	
26	4	1	40	Bgx15	60	
27	2	5	45	Smx19	90/95	
28	4	2	47	Bgx17	50	
29	3	2	49	Bgx17	60	
30	2	2	51	Smx17	80+	
31	4	2	53	Smx19	100	Alternate 30" standing and 30" seated
32	2	4	57	Smx15	95	Cool down
33	1	4	61	Smx19	90-95	Cool down

Bg = Big ring in front

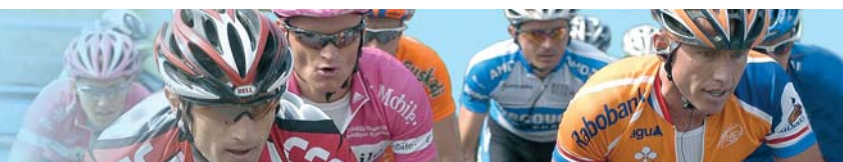
Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90-95	Easy warm up, spinning!
2	2	4	8	Small	95	Extended warm up
3	3	3	11	Small	100	Extended warm up
4	4	2	13	Bgx17	70	
5	2	2	15	Smx19	95+	
6	4	2	17	Bgx15	70	
7	2	2	19	Smx19	95+	
8	4	2	21	Bgx15	70	
9	2	2	23	Smx19	95+	
10	4	2	25	Bgx15	70	
11	2	2	27	Smx19	95+	
12	4	2	29	Bgx15	70	
13	2	5	34	Smx19	95+	
14	3	6	40	Bgx15		Alternate 30" standing (70 rpm) and 30" seated 80+ rpm.
15	2	5	45	Smx15	90/95	
16	3	1	46	Bgx17	40	stay seated
17	2	1	47	Smx19	90+	
18	4	1	48	Bgx19	50	stay seated
19	2	1	49	Smx19	90+	
20	5	1	50	Bgx15	60	stay seated
21	2	5	55	Smx19	90+	
22	6	1	56	Bgx13	60	standing!
23	2	1	57	Smx19	90+	
24	7	1	58	Bgx15	70	standing!
25	3	4	62	Small	100	Cool down
26	2	4	66	Small	95	Cool down
27	1	4	70	Small	90-95	Cool down

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90-95	Easy warm up, spinning!
2	2	3	7	Small	95	Extended warm up
3	3	3	10	Small	100	Extended warm up
4	4	0,5	10,5	Bgx..	40	standing
5	2	0,5	11	Smx..	90+	
6	4	0,5	11,5	Bgx..	40	standing
7	2	0,5	12	Smx..	90+	
8	4	0,5	12,5	Bgx..	40	standing
9	2	0,5	13	Smx..	90+	
10	4	0,5	13,5	Bgx..	40	standing
11	2	0,5	14	Smx..	90+	
12	4	0,5	14,5	Bgx..	40	standing
13	2	0,5	15	Smx..	90+	
14	4	0,5	15,5	Bgx..	40	standing
15	2	0,5	16	Smx..	90+	
16	4	0,5	16,5	Bgx..	40	standing
17	2	0,5	17	Smx..	90+	
18	4	0,5	17,5	Bgx..	40	standing
19	2	0,5	18	Smx..	90+	
20	4	0,5	18,5	Bgx..	40	standing
21	2	0,5	19	Smx..	90+	
22	4	0,5	19,5	Bgx..	40	standing
23	2	5	24,5	Smx19	90/100	Easy
24	4	6	30,5			Alternate 30" left leg 30" both legs and 30" right leg push! (all 80 rpm)
25	2	5	35,5	Smx19	90/100	
26	4	6	41,5			Alternate 30" left leg 30" both legs and 30" right leg pull! (all 80 rpm)
27	2	5	46,5	Smx19	90/100	
28	5	1	47,5	Smx19	60	standing
29	4	3	50,5	Smx19	80+	seated
30	3	5	55,5	Smx19	90/100	
31	4	10	65,5	Smx19		Alternate 30" 120+ rpm and 30" 80/90 rpm
32	3	4	69,5	Small	100	Cool down
33	2	4	73,5	Small	95	Cool down
34	1	2	75,5	Small	90-95	Cool down

Bg = Big ring in front

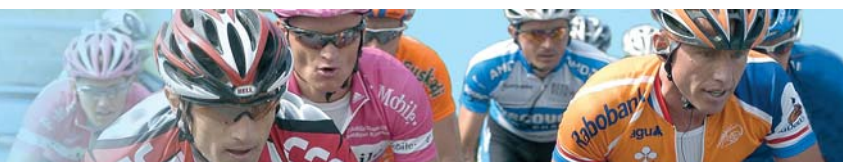
Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90-95	Easy warm up, spinning!
2	2	4	8	Small	95	Extended warm up
3	3	3	11	Small	100	Extended warm up
4	7	4	15	Bgx17	60	
5	2	2	17	Smx19	100+	
6	4	6	23	Bgx15	60	
7	2	2	25	Smx19	100+	
8	4	8	33	Bgx15	60	
9	2	2	35	Smx19	100+	
10	4	6	41	Bgx15	60	
11	2	2	43	Smx19	100+	
12	5	4	47	Bgx17	60	
13	2	2	49	Smx17	100+	
14	6	1	50	Bgx15	50/60	standing
15	2	1	51	Smx21	90/100	
16	6	1	52	Bgx15	50/60	standing
17	2	1	53	Smx19	90/100	
18	6	1	54	Bgx15	50/60	standing
19	2	1	55	Smx21	90/100	
20	6	1	56	Bgx13	50/60	standing
21	3	1	57	Smx19	90/100	
22	2	4	61	Small	90/95	Cool down
23	1	4	65	Small	80/90	Cool down

Bg = Big ring in front

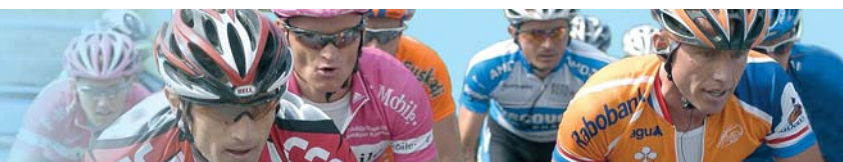
Sm = small ring in front

Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90-95	Easy warm up, spinning!
2	2	4	8	Small	95	Extended warm up
3	3	5	13	Small	100	Extended warm up
4	4	2	15	Bgx15	60	
5	2	1	16	Smx19	100	
6	5	2	18	Bgx14	60	
7	2	1	19	Smx19	100	
8	4	2	21	Bgx13	60	
9	2	1	22	Smx19	100	
10	4	2	24	Bgx14	60	
11	2	1	25	Smx19	100	
12	5	2	27	Bgx15	60	
13	2	1	28	Smx19	100	
14	5	2	30	Bgx14	60	
15	2	1	31	Smx19	100	
16	3	5	36	Smx21	100+	
17	4	2	38	Bgx15	60	
18	2	2	40	Smx21	100+	
19	4	2	42	Bgx15	70	
20	2	2	44	Smx21	100+	
21	4	2	46	Bgx17	80	
22	2	2	48	Smx21	100+	
23	4	2	50	Bgx19	90	
24	3	2	52	Smx19	100+	
25	4	5	57	Smx21	90	
26	3	8	65			Alternate 30" (42x17) at 100 rpm and 30" (42x23) and 80/90 rpm
27	2	5	70	Small	95	
28	1	5	75	Small	90-95	Cool down

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90-95	Easy warm up, spinning!
2	2	4	8	Small	95	Extended warm up
3	3	4	12	Small	100	Extended warm up
4	5	5	17	Bgx15	80	alternate 15" standing and 45" seated
5	2	3	20	Smx17	100+	
6	5	5	25	Bgx15	80	alternate 15" standing and 45" seated
7	2	3	28	Smx17	100+	
8	6	5	33	Bgx15	80	alternate 15" standing and 45" seated
9	2	3	36	Smx19	100+	
10	5	3	39	Bgx19	90	
11	4	3	42	Bgx17	90	
12	5	3	45	Bgx15	90	
13	2	3	48	Smx21	100+	
14	3	3	51	Smx17	90	
15	5	3	54	Smx15	90	
16	2	3	57	Bgx19	90	
17	4	4	61	Bgx17	80	1' left leg and 1' both legs and 1' left leg and again 1' both legs
18	2	2	63	Smx19	100+	
19	4	4	67	Bgx19	80	1' left leg and 1' both legs and 1' left leg and again 1' both legs
20	2	2	69	Smx19	100+	
21	6	5	74	Bgx15	80	alternate 15" standing and 45" seated
22	3	5	79	Smx19	90	
23	5	3	82	Bgx17	60	
24	3	3	85	Bgx15	60	
25	2	5	90	Small	95	
26	1	5	95	Small	90-95	Cool down

Bg = Big ring in front

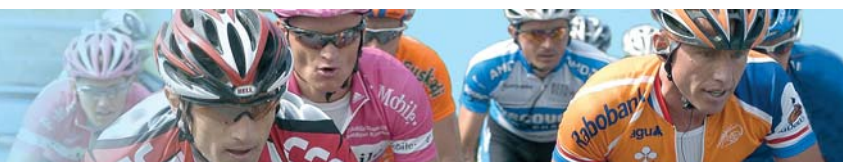
Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	2	5	5	Free	Free	Warm up / loosen up!
2	3	5	10	Smx17	> 90	
3	4	3	13	Bgx17		Alternate 30" at 60 rpm and 30" at 90 rpm
4	5	5	18	Big ring	60	Use your biggest gear
5	2	5	23	Smx17	90	
6	3	4	27	Big ring	70	Use your biggest gear
7	2	4	31	Smx17	90	
8	4	3	34	Big ring	70	Use your biggest gear
9	2	3	37	Smx17	90	
10	5	2	39	Big ring	70	Use your biggest gear
11	2	2	41	Smx17	90	
12	3	1	42	Big ring	70	Use your biggest gear
13	4	1	43	Smx17	90	
14			43			Get off your bike and do 10 deep squats and 30" wall sit
15	4	2	45	Bgx15	Free	Ride as hard as you can
16			45			Get off your bike and do 10 deep squats and 30" wall sit
17	4	2	47	Bgx15	Free	Ride as hard as you can
18	3	4	51	Smx19	100+	
19	2	4	55	Smx17		Alternate 30" at 60 rpm and 30" at 90 rpm
20	1	5	60	Free	Free	Cool down

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	Free	Warm up / loosen up!
2	2	5	10	Smx17	> 90	
3	3	2	12	Smx5	> 90	Alternate 30" at 60 rpm and 30" at 90 rpm
4	4	5	17	Big ring	70	Use your biggest gear
5	2	5	22	Smx15	90	
6	5	4	26	Big ring	70	Use your biggest gear
7	2	4	30	Smx17	90	
8	4	3	33	Big ring	70	Use your biggest gear
9	2	3	36	Smx17	90	
10	6	2	38	Big ring	70	Use your biggest gear
11	2	2	40	Smx17	90	
12	5	1	41	Big ring	70	Use your biggest gear
13	2	1	42	Smx17	90	
14			42			Get off your bike and do 10 deep squats and 30" wall sit
15	2	2	44	Bgx15		First minute at 60 rpm and 1' at 70 rpm and 1' at 80 rpm
16			44			Get off your bike and do 10 deep squats and 30" wall sit
17	2	2	46	Bgx17		Ride as hard as you can
18	3	4	50	Smx19	100+	
19	2	4	54	Small	Free	Cool down
20	1	5	59	Small	Free	Cool down

Bg = Big ring in front

Sm = small ring in front

ILS = Isolated leg spin




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	5	5	Free	Free	Warm up
2	2	5	10	Free	Free	Alternate 30" at 60 rpm and 30" at 90 rpm
3	3	5	15	Free	Free	
4	4	2	17	Smx16	80/85	Pull left leg only
5	2	1	18	Smx16	90/95	Both legs, spin
6	4	3	21	Bgx15	70	
7	3	2	23	Smx16	80/85	Pull right leg only
8	2	1	24	Smx16	90/95	Both legs, spin
9	3	2	26	Smx16	80/85	Push left leg only
10	4	3	29	Bgx15		First minute at 60 rpm and 1' at 70 rpm and 1' at 80 rpm
11	3	1	30	Smx16	90/95	Both legs, spin
12	2	2	32	Smx16	80/85	Push right leg only
13	3	1	33	Smx16	90/95	Both legs, spin
14	2	5	38	Free	Free	Keep high cadence and high speed!
15	4	3	41	Bgx15		First minute at 60 rpm and 1' at 70 rpm and 1' at 80 rpm
16	6	1	42	Big gear	50	
17	2	1	43	Small gear	90/100	
18	6	5	48	Free	Free	Keep high cadence and high speed!
19	4	1	49	Big gear	60	
20	2	1	50	Small gear	90/100	
21	1	5	55	Free	Free	Keep high cadence and high speed!
22	4	1	56	Big gear	70	
23	3	1	57	Smx19	90/100	
24	2	5	62	Small	Free	Keep high cadence and high speed!
25	1	8	70	Small	Free	Cool down

Bg = Big ring in front

Sm = small ring in front

ILS = Isolated leg spin




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	90+	Warm up
2	3	10	15	Smx17		Alternate 1' at 80 rpm and 1' at 100 rpm
3	4	3	18	Bgx15	70	Stay in the saddle!
4	3	3	21	Smx17	90/100	
5	4	2	23	Smx15	80	ILS 1' right leg push and 1' left leg push
6	2	3	26	Smx19	80/90	
7	4	1	27	Smx15	80	ILS 1' right leg push and 1' left leg push
8	2	3	30	Smx19	80/90	
9	5	1	31	Smx15	80	ILS 1' isolated leg sin perform only weak leg!
10	2	5	36	Smx19	100+	
11	4	5	41	Bgx15	70/80	Stay in the saddle, maintain same speed all the way!
12	2	2	43	Smx19	90/100	
13			43			Get of your bike and do 10 sit ups - 10 push ups and 10 deep (slow) squats
14	2	3	46	Smx19		Spin as fast as you can
15			46			Get of your bike and do 10 sit ups - 10 push ups and 10 deep (slow) squats
16	2	3	49	Smx19		Spin as fast as you can
17	5	1	50	Bgx15	60	Stay in the saddle
18	4	10	60	Smx17		Alternate 1' at 70 rpm and 1' at 100 rpm
19	3	5	65	Small	100+	Cool down
20	2	5	70	Small	100+	Cool down

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ILS = Isolated leg spin

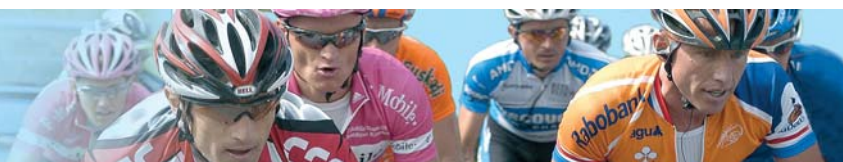



Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	90/100	Warm up
2	3	6	11	Smx19		3' at 90 rpm and 3' at 110 rpm
3	5	5	16	Bgx15		Start at 40 rpm and increase by 10 rpm every minute
4	3	5	21	Smx19		Start at 80 rpm and increase by 5 rpm every minute
5	5	5	26	Bgx15	50	2' at 50 rpm and 1' at 70 rpm and again 2' at 50 rpm
6	3	5	31	Smx19	100+	
7	5	5	36	Bgx15		2' at 60 rpm and 1' at 80 rpm and again 2' at 60 rpm
8	3	5	41	Smx17	100+	
9	5	5	46	Bgx15	70	2' at 70 rpm and 1' at 90 rpm and again 2' at 70 rpm
10	3	5	51	Smx19	90+	Spin easy!!
11	4	10	61	Bgx17	-	5 times 1' standing at 60 rpm and 1' sit!! (90 rpm)
12	3	5	66	Smx21	110+	
13	2	5	71	Small	100+	Cool down
14	1	5	76	Small	100+	Cool down

Bg = Big ring in front

Sm = small ring in front

ILS = Isolated leg spin

Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	90/100	Warm up
2	3	8	13	Smx19		Alternate 2' at 90 rpm and 2' at 110 rpm
3	2	4	17	Smx15		2' at 90 rpm and 2' at 80 rpm
4	4	10	27	Bgx17		5 times 1' standing at 60 rpm and 1' sit!! (90 rpm)
5	2	4	31	Smx17		2' at 90 rpm and 2' at 80 rpm
6	4	10	41	Bgx17		5 times 1' standing at 60 rpm and 1' sit!! (90 rpm)
7	2	4	45	Smx17		2' at 90 rpm and 2' at 80 rpm
8			45			Get off the bike and do 90" wall sit *
9	2	4	49	Smx17	100+	
10			49			Get off the bike and do 2 sets of 10 squats
11	2	4	53	Smx19	90+	Spin easy!!
12			53			Get off the bike and do 2 sets of 10 squats
13	2	4	57	Smx21	110+	
14	5	3	60	Bgx15	70	
15	2	3	63	Smx17	100+	
16	3	3	66	Bgx17	80	
17	5	10	76	Bgx17	100+	5 times 1' standing at 60 rpm and 1' sit!! (90 rpm)
18	3	4	80	Small	100+	Cool down
19	1	5	85	Small	100+	Cool down

Bg = Big ring in front

Sm = small ring in front

ILS = Isolated leg spin