




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	3	1	11	Smx23	100/110	
5	3	1	12	Smx21	100/110	
6	3	1	13	Smx20	100/110	
7	3	1	14	Smx19	100/110	
8	3	1	15	Smx18	100/110	
9	3	1	16	Smx17	100/110	
10	3	1	17	Smx16	100/110	
11	3	1	18	Smx15	100/110	
12	4	1	19	Smx23	100/110	
13	4	1	20	Smx21	100/110	
14	4	1	21	Smx20	100/110	
15	4	1	22	Smx19	100/110	
16	4	1	23	Smx18	100/110	
17	4	1	24	Smx17	100/110	
18	4	1	25	Smx16	100/110	
19	4	1	26	Smx15	100/110	
20	5	5	31	Bgx19	80/90	
21	4	4	35	Smx19	100/110	
22	3	2	37	Smx21	100	
23	2	4	41	Small	95	Cool down
24	1	4	45	Small	90-95	Cool down

Bg = Big ring in front

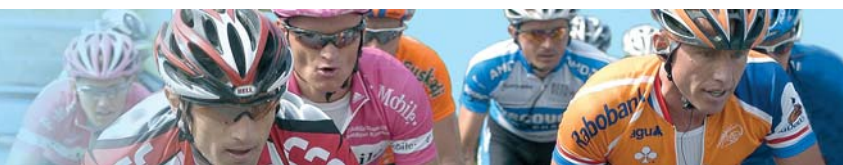
Sm = small ring in front




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	4	2	10	Bgx17	80	
4	3	1	11	Smx21	100/110	
5	3	1	12	Smx19	100/110	
6	3	1	13	Smx17	100/110	
7	3	1	14	Smx15	100/110	
8	3	1	15	Smx21	100/110	
9	3	1	16	Smx19	100/110	
10	3	1	17	Smx17	100/110	
11	3	1	18	Smx15	100/110	
12	4	5	23	Smx21	90/100	
13	3	20	43	Smx23		Alternate 1' 120/125 rpm and 1' 80/90 rpm
14	4	1	44	Smx21	100/110	
15	3	1	45	Smx19	100/110	
16	4	1	46	Smx18	100/110	
17	3	1	47	Smx17	100/110	
18	4	1	48	Smx16	100/110	
19	3	1	49	Smx15	100/110	
20	4	1	50	Smx16	100/110	
21	3	1	51	Smx17	100/110	
22	4	4	55	Smx15	100	
23	2	4	59	Small	95	Cool down
24	1	2	61	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	5	5	Small	90-95	Easy warm up, spinning!
2	2	5	10	Small	95	Extended warm up
3	3	4	14	Smx19		Alternate 30" at 110 rpm and 30" at 80 rpm
4	4	2	16	Bgx19	80	
5	2	4	20		100	Start in your smallest gear and spin at 100/110 rpm - shift up every minute by one gear (and back again)
6	4	3	23	Smx21	115	
7	2	3	26	Bgx17	90	
8	4	2	28	Smx21	115	
9	2	2	30	Bgx17	90	
10	5	1	31	Smx21	115	
11	2	1	32	Bgx17	90	
12	4	5	37	Smx21	90/100	
13	3	1	38	Bgx19	70	
14	3	1	39	Bgx19	80	
15	3	1	40	Smx19	90	
16	3	1	41	Smx19	100	
17	3	1	42	Smx19	110	
18	3	1	43	Smx19	120	
19	3	2	45	Bgx17	80	
20	1	1	46	Smx19		Spin as fast as you can
21	3	4	50	Bgx17	80	
22	4	1	51	Bgx17	70	
23	4	1	52	Bgx17	80	
24	3	1	53	Smx19	90	
25	3	1	54	Smx19	100	
26	3	1	55	Smx19	110	
27	3	1	56	Smx19	115	
28	3	1	57	Smx19	120	
29	1	1	58	Smx19		Spin as fast as you can
30	3	5	63	Bgx17	80	
31	4	3	66	Bgx17	80	
32	3	4	70	Smx19	90	
33	2	5	75	Small	95	Cool down
34	1	5	80	Small	90-95	Cool down

Bg = Big ring in front

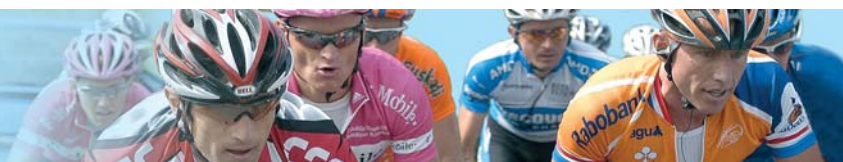
Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90-95	Easy warm up, spinning!
2	3	4	8	Small	95	Extended warm up
3	4	4	12	Smx17		Alternate 30" 110 rpm and 30" 80 rpm
4	3	6	18	Smx19		start at 60 rpm and increase 5 rpm every 30"
5	4	5	23	Bgx17	90	Hands in the drops
6	5	1	24	Smx21		Ride as fast as you can, keep high speed the entire minute
7	4	4	28	Bgx19	80	Easy spin.
8	3	6	34	Smx17		start at 60 rpm and increase 5 rpm every 30"
9	2	1	35	Bgx17	80	
10	4	6	41	Smx21		start at 60 rpm and increase 5 rpm every 30"
11	2	5	46	Bgx17	80	
12	5	1	47	Smx21	110	Ride as fast as you can, keep high speed the entire minute
13	3	4	51	Bgx17	80	
14	2	4	55	Small	100+	Cool down
15	1	5	60	Small	90/100	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	3	4	8	Small	100	Extended warm up
3	4	4	12	Smx19		Alternate 1' at 120 rpm and 1' at 90 rpm
4	5	6	18	Smx21		1' at 70 and 1' at 80 and 1' at 90 and 1' at 100 and 1' at 110 and 1' at 90 rpm
5	3	4	22	Bgx17	90	
6	5	10	32	Smx19		alternate 30" 110+ rpm and 30" 80/90 rpm.
7	3	5	37	Smx16		1' at 80 rpm and 1' at 90 rpm and 1' at 100 rpm and 1' 110 rpm and 1' at 120 rpm
8	4	5	42	Smx19		1' at 80 rpm and 1' at 90 rpm and 1' at 100 rpm and 1' 110 rpm and 1' at 120 rpm
9	5	5	47	Smx19		1' at 80 rpm and 1' at 90 rpm and 1' at 100 rpm and 1' 110 rpm and 1' at 120 rpm
10	4	2	49	Bgx17	90	
11	5	4	53	Smx17		start at 90rpm and increase by 5 rpm every 30"
12	3	2	55	Bgx17	90	
13	5	6	61	Smx17		start at 70rpm and increase by 5 rpm every 30"
14	3	5	66	Bgx15	85	
15	2	4	70	Small	100+	Cool down
16	1	5	75	Small	90/100	Cool down

Bg = Big ring in front

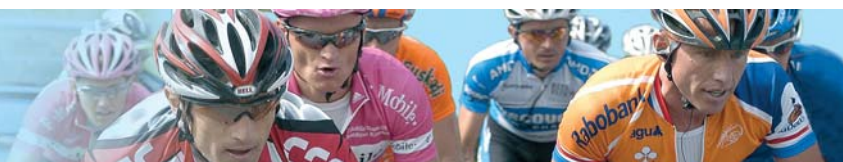
Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	90-95	Easy warm up, spinning!
2	3	5	10	Small	95	Extended warm up
3	4	5	15	Smx19		Alternate 15" at 90 rpm and 15" at 100 rpm and 15" at 110 rpm and 15" at 120 rpm
4	2	10	25		90	start at your smallest gear and shift up one gear every minut! Stay at 90 rpm all the time.
5	4	4	29	42x19	100	
6	5	3	32	42x19	105	
7	6	2	34	42x21	110	
8	4	2	36	52x15	70	
9	2	10	46	42x19		Alternate 30" 120 rpm and 30" 90 rpm
10	5	3	49	52x17	70/80	
11	3	12	61	42x21		Alternate 1' at 110 rpm and 1' at 80 rpm
12	5	4	65	52x17	80	
13	3	12	77	42x19		Alternate 1' at 110 rpm and 1' at 80 rpm
14	4	3	80	52x15	70	
15	2	5	85	Small	100+	Cool down
16	1	5	90	Small	90/100	Cool down

Bg = Big ring in front

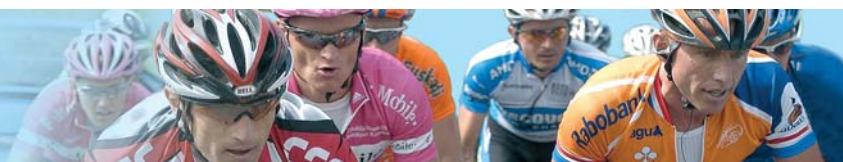
Sm = small ring in front

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	2	10	Smx21		Ride as fast as you can
4	4	1	11	Smx20	90	
5	2	3	14	Smx16		10 times 15" at 120 rpm and 15" at 80 rpm
6	5	2	16	Bgx18	80	
7	2	5	21	Smx17	110	10 times 30" at 120 rpm and 30" at 80 rpm
8	4	2	23	Bgx17	80	
9	2	10	33	Smx17		5 times 1' at 120 rpm and 1' at 80 rpm
10	4	2	35	Bgx17	80	
11	2	3	38	Smx16		Increase rpm each 30" by 5 rpm, start at 80 rpm
12	5	1	39	Bgx16	80	
13	2	3	42	Smx17		Lower rpm each 30" with 5 rpm, start at 130 rpm
14	4	1	43	Bgx17	80	
15	3	4	47	Small	100+	Cool down
16	2	4	51	Small	90/100	Cool down

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	8	8	Small	90-95	Easy warm up, spinning!
2	2	4	12	Small	95	Easy spin
3	3	6	18			Start at Smx21 and shift up every minute - stay at 110 rpm
4	4	4	22	Bgx19	90	Easy spin
5	2	4	26			Start at Smx21 and shift up every minute - stay at 110 rpm
6	4	2	28	Bgx19	80	Easy spin
7	2	4	32	Smx19	110	Start at 80 rpm and increase with 5 rpm each 30"
8	5	2	34	Bgx17	80	Easy spin
9	2	4	38	Smx17		Start at 80 rpm and increase with 5 rpm each 30"
10	4	2	40	Bgx17	80	Easy spin
11	2	1	41	Smx19		High speed and high rpm (>115)
12	4	2	43	Bgx19	80	Easy spin
13	2	2	45	Smx19		4 times 15" sprint (all out) with 15" rest (stay in the saddle).
14	3	1	46	Bgx17	80	
15	2	5	51	Small	100+	Cool down
16	1	5	56	Small	90/100	Cool down

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Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	90/100	Easy warm up, spinning!
2	2	5	10	Small	100+	Easy spin
3	3	3	13	Smx21	95+	
4	4	3	16	Smx20	90	
5	2	3	19	Smx19	90	
6	4	3	22	Smx18	90	
7	2	3	25	Smx17	100+	
8	5	10	35			Alternate 1' at 110 rpm (Smx19) and 1' at 80 rpm (Bgx19)
9	2	2	37	Smx21	110+	
10	4	2	39	Smx20	100+	
11	2	2	41	Smx19	90	
12	4	2	43	Smx18	90	
13	2	2	45	Smx17	100+	
14	3	10	55			Alternate 1' at 110 rpm (Smx19) and 1' at 80 rpm (Bgx19)
15	2	5	60	Small	100+	Cool down
16	1	5	65	Small	90/100	Cool down

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Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	5	5	Smx21	90	Warm up
2	3	5	10	Smx19	100	Extended warm up
3	4	4	14			2' at 100 rpm (Smx19) and 2' at 110 rpm (Smx21)
4	2	3	17	Smx19		1' at 100 rpm and 1' at 110 rpm and 1' at 120 rpm
5	5	5	22	Smx21	100	
6	3	3	25	Bgx19	80	Constant pace.
7	2	1	26	Smx19		Ride as fast as you can
8	5	4	30	Smx19	90	
9	2	1	31	Smx21	110+	
10	5	6	37			Alternate 30" at 80 rpm (Bgx19) and 30" at 90 rpm
11	3	1	38	Bgx19	80	
12	2	4	42	Smx17	100/105	
13	5	4	46	Bgx17	80	
14	3	4	50	Smx17	100/105	
15	2	5	55	Small	100	
16	1	5	60	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	6	6	Small		Warm up - 3' at 90 rpm and 3' at 100 rpm.
2	3	4	10	Smx19		2' at 100 rpm and 2' at 110 rpm
3	4	3	13	Bgx17	90	
4	2	10	23	Smx19	-	Start at 80 rpm and increase by 5 rpm every minute. Lat
5	4	3	26	Smx21		one minute at 90 and one minute at 100 and one minute at 110 rpm
6	5	3	29	Bgx17	70	
7	2	2	31	Smx17		One minute at 100 and one minute at 120 rpm
8	5	3	34	Bgx17		One minute at 70 and one minute at 80 and one minute at 90 rpm
9	1	3	37	Smx19	115+	
10	5	3	40	Bgx17	80	
11	2	8	48	Smx19		Alternate 30" at 115/120 rpm with 30" at 80/85 rpm
12	5	3	51	Bgx17	80	
13	2	4	55	Smx19		Alternate 30" at 115/120 rpm with 30" at 80/85 rpm
14	5	2	57	Bgx17	80	
15	3	4	61			2' at 90 rpm Bgx17 and 2' at 110+ rpm Smx19
16	2	4	65	Smx19		2' at 110 rpm and 2' at 90 rpm
17	1	5	70	Small	90/100	Cool down

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Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	6	6	Small		Warm up - 3' at 90 rpm and 3' at 100 rpm.
2	3	4	10	Smx19		2' at 100 rpm and 2' at 110 rpm
3	4	3	13	Bgx17	90	
4	2	10	23	Smx19	-	Start at 80 rpm and increase by 5 rpm every minute. Lat
5	4	3	26	Smx21		one minute at 90 and one minute at 100 and one minute at 110 rpm
6	5	3	29	Bgx17	70	
7	2	2	31	Smx17		One minute at 100 and one minute at 120 rpm
8	5	3	34	Bgx17		One minute at 70 and one minute at 80 and one minute at 90 rpm
9	1	3	37	Smx19	115+	
10	5	3	40	Bgx17	80	
11	2	8	48	Smx19		Alternate 30" at 115/120 rpm with 30" at 80/85 rpm
12	5	3	51	Bgx17	80	
13	2	4	55	Smx19		Alternate 30" at 115/120 rpm with 30" at 80/85 rpm
14	5	2	57	Bgx17	80	
15	3	4	61			2' at 90 rpm Bgx17 and 2' at 110+ rpm Smx19
16	2	4	65	Smx19		2' at 110 rpm and 2' at 90 rpm
17	1	5	70	Small	90/100	Cool down

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