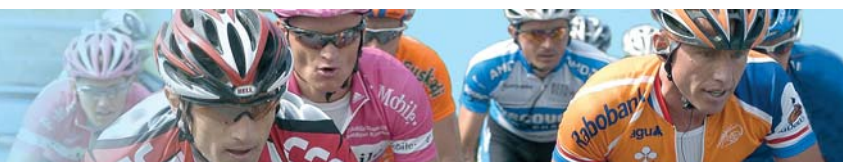





Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	8	8	Small	100+	Warm up, increase gear gradually.
2	2	4	12	Smx21	100	Start at 80 rpm and increase with 5 rpm every 30"
3	1	1	13	Smx19	110-120	
4	3	1	14	Smx17	110-120	
5	2	1	15	Smx16	110-120	
6	3	1	16	Smx15	110-120	
7	4	1	17	Smx21	110-120	
8	3	1	18	Smx15	110-120	
9	2	1	19	Smx17	110-120	
10	3	1	20	Smx16	110-120	
11	2	1	21	Smx19	110-120	
12	4	1	22	Smx15	110-120	
13	3	1	23	Sm	110-120	
14	4	1	24	Free	100+	4 times 15" sprint (all out-but remain seated) with 15" rest interval.
15	3	5	29	Small	90/100	Cool down
16	2	5	34	Small	100+	Cool down

Bg = Big ring in front

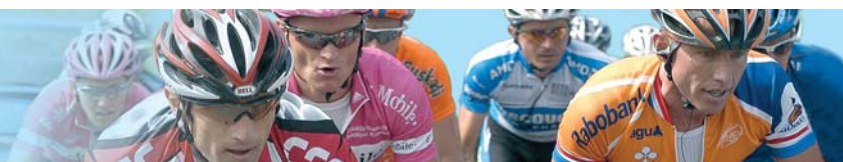
Sm = small ring in front

Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	100+	Warm up, increase gear gradually.
2	2	8	13		90	4 times 1' at Smx21 and 1' at Smx19
3	3	4	17	Smx21	100	Easy spinning
4	2	8	25		90	4 times 1' at Smx19 and 1' at Smx17
5	4	4	29	Smx21	100	Easy spinning
6	3	3	32		90	4 times 1' at Smx17 and 1' at Smx15
7	4	2	34	Smx23	100	
8	3	2	36	Smx21	100	
9	4	2	38	Smx19	100	
10	2	2	40	Smx17	100	
11	5	2	42	Smx15	100	
12	2	2	44	Smx17	100	
13	5	2	46	Smx19	100	
14	4	2	48	Smx21	100	
15	3	4	52	Small	100+	Cool down
16	2	4	56	Small	100+	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	100+	Warm up, increase gear gradually.
2	2	8	14	Smx17		4 times 1' at 100 rpm and 1' at 80 rpm
3	3	2	16	Smx21	100	Easy spinning
4	2	8	24	Smx15		4 times 1' at 100 rpm and 1' at 80 rpm
5	3	3	27	Smx18	100	
6	2	3	30	Bgx18	80	
7	4	3	33	Smx21	115	
8	1	3	36	Smx19		Ride as fast as you can!! High rpm!!
9	4	3	39	Smx17	105	
10	3	3	42	Bgx17	80	
11	4	3	45	Smx17	110	
12	3	3	48	Bgx17	80	
13	5	3	51	Smx19	110	
14	4	3	54	Bgx19	80	
15	3	4	58	Small	100+	Cool down
16	2	4	62	Small	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	90/100	Easy warm up, spinning!
2	2	5	10	Sm21	95/100	
3	3	5	15	Smx19	95/100	
4	4	5	20	Smx17	95/100	
5	3	5	25	Smx15	100/105	
6	2	5	30	Smx21	95/100	
7	1	5	35	Smx19		Ride as fast as you can.
8	4	5	40	Smx17	95/100	
9	3	5	45	Smx15	100/105	
10	2	5	50	Small	90-100	Cool down and stretch afterwards.

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	95/100	Extended warm up
3	3	2	12	Smx17	120	
4	4	2	14	Smx15	110	
5	3	2	16	Smx17	100	
6	4	2	18	Smx15	90	
7	1	2	20	Smx17		Ride as fast as you can!!
8	4	2	22	Bgx17	80	
9	3	2	24	Smx15	100	
10	5	2	26	Bgx15	80	
11	1	2	28	Smx19		Ride as fast as you can!!
12	3	2	30	Smx17	100	
13	4	5	35	Bgx17	80	
14	3	5	40	Smx17	100	
15	4	5	45	Bgx17	80	
16	3	2	47	Small	100+	Cool down
17	2	4	51	Small	100+	Cool down
18	1	4	55	Small	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	100+	Easy warm up, spinning!
2	2	4	8	Small	100+	Extended warm up
3	3	2	10	Small	100+	Extended warm up
4	4	5	15	Smx19	95/100	
5	3	3	18	Smx17	95/100	
6	4	2	20	Smx19	100/110	
7	3	5	25	Bgx17	90	
8	4	3	28	Smx21	110	
9	3	2	30	Smx23	110+	
10	4	5	35	Bgx15	80	
11	3	3	38	Smx17	100+	
12	4	2	40	Smx23	100+	
13	3	5	45	Bgx17	80	
14	5	3	48	Smx21	100	
15	2	2	50	Smx19	100	
16	4	8	58	Smx17		Alternate 30" 110 rpm and 30" 80 rpm
17	3	2	60	Small	100	Cool down
18	2	4	64	Small	95	Cool down
19	1	4	68	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	5	15	Small	100	Extended warm up
4	4	3	18	Smx17	100+	
5	3	3	21	Smx19	100+	
6	5	3	24	Smx17	100+	
7	3	6	30	Bgx17		alternate 1' 70 rpm and 1' 90 rpm
8	4	3	33	Smx17	100+	
9	3	3	36	Smx19	100+	
10	6	3	39	Smx17	100+	
11	3	6	45	Bgx17		alternate 1' 70 rpm and 1' 90 rpm
12	2	5	50	Small	100	Cool down
13	1	5	55	Small	100+	Cool down and stretch

Bg = Big ring in front

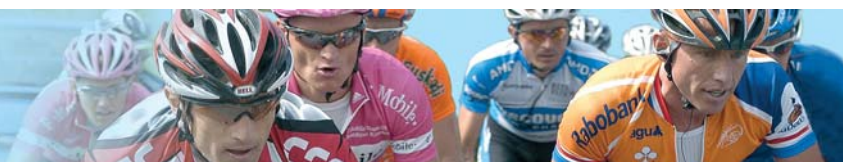
Sm = small ring in front




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	5	15	Small	100	Extended warm up
4	4	3	18	Smx19	95/100	
5	5	3	21	Smx17	95/100	
6	4	3	24	Smx15	95/100	
7	3	7	31	Bgx17	80	
8	2	3	34	Smx17	95/100	
9	3	3	37	Smx15	95/100	
10	4	3	40	Smx19	95/100	
11	3	7	47	Bgx17		3' at 80 rpm and 3' at 90 rpm
12	4	2	49	Smx17	95/100	
13	5	2	51	Smx19	95/100	
14	4	2	53	Smx18	95/100	
15	3	7	60	Bgx18		3' at 80 rpm and 3' at 90 rpm
16	4	5	65	Smx19	100+	
17	2	5	70	Small	100	Cool down
18	1	5	75	Small	100+	Cool down and stretch

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	5	15	Small	100	Extended warm up
4	4	10	25			alternate 2' 42x19 and 100 rpm and 2' 42x15 and 80 rpm
5	3	6	31	Smx17		alternate 45" 80 rpm and 15" 110+ rpm
6	5	2	33	Bgx19	80	
7	4	3	36	Bgx17	80	
8	3	4	40	Bgx15	80	
9	2	10	50			alternate 2' 42x19 and 100 rpm and 2' 42x15 and 80 rpm
10	4	5	55	Smx19	100	
11	3	6	61	Smx17		alternate 45" 80 rpm and 15" 110+ rpm
12	5	4	65	Smx21	90/100	
13	3	5	70	Smx23	100	
14	2	5	75	Small	100	Cool down
15	1	5	80	Small	100+	Cool down and stretch

Bg = Big ring in front

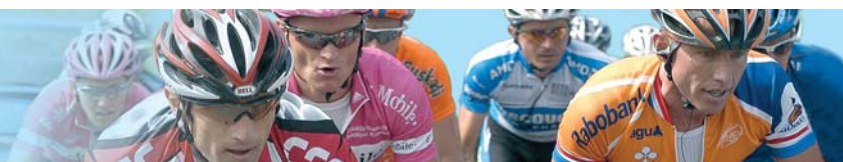
Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	90/100	Warm up / loosen up shift a bit up and down during warm up
2	2	3	8	Smx17	90/100	Fixed gear and fixed speed
3	3	3	11	Bgx17	80/90	Shift up and down during this block
4	4	3	14	Smx16	100/105	High rpm - high speed
5	5	3	17	Bgx16	80/90	Easy spinning
6	1	1	18	Small	> 100	Smallest gear.... Spin!
7	3	1	19	Bgx17	80/85	
8	1	1	20	Small	> 100	Smallest gear.... Spin!
9	3	1	21	Bgx16	80/85	
10	4	1	22	Small	> 100	Smallest gear.... Spin!
11	3	1	23	Bgx17	80/85	
12	5	1	24	Small	> 100	Smallest gear.... Spin!
13	3	1	25	Bgx18	80/85	
14	5	1	26	Small	> 100	Smallest gear.... Spin!
15	4	3	29	Smx19	90/100	Fixed gear and fixed speed
16	2	5	34	Small	100+	Cool down
17	1	5	39	Small	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	90/100	Warm up / loosen up shift a bit up and down during warm up
2	2	5	10	Small	90/100	Warm up / loosen up..... shift up and down
3	3	2	12	Bgx17		Alternate 20" fast spin and 20" easy spin
4	5	3	15	Smx17	90/100	
5	4	2	17	Smx19	100/110	
6	3	1	18	Smx17	90/100	
7	5	3	21	Smx19	100/110	
8	4	2	23	Smx19	90	
9	3	1	24	Smx19	90	
10	5	3	27	Smx21	100/110	
11	4	2	29	Smx19	90/100	
12	3	1	30	Smx17	90	
13	5	2	32	Bgx17		Alternate 20" fast spin and 20" easy spin
14	4	5	37	Smx17	90/100	
15	3	3	40	Bgx17	80/85	Fixed gear and fixed speed!
16	2	5	45	Small	90/100	Cool down
17	1	5	50	Small	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	>100	Warm up / loosen up.....shift up and down.
2	2	5	10	Small	> 100	
3	3	5	15	Bgx17	> 90	Hands in the drops, make speed!
4	4	2	17	Bgx16	>90	
5	3	1	18	Smx16	>100	
6	5	2	20	Bgx16	>90	
7	3	1	21	Smx16	>100	
8	4	2	23	Bgx16	>90	
9	3	1	24	Smx16	>100	
10	4	2	26	Bgx16	>90	
11	5	1	27	Smx16	>100	
12	4	2	29	Bgx16	>90	
13	3	1	30	Smx16	>100	
14	4	2	32	Bgx16	>90	
15	5	1	33	Smx16	>100	
16	4	2	35	Bgx16	>90	
17	3	1	36	Smx16	>100	
18	2	2	38	Bgx16	>90	
19	6	1	39	Smx15	>100	
20	4	2	41	Bgx16	>90	
21	2	1	42	Smx16	>100	
22	3	2	44	Bgx16	>90	
23	4	1	45	Smx16	>100	
24	3	5	50	Bgx16	> 90	Hands in the drops, make speed!
25	2	5	55			5 times 30" (Bgx17 and 80 rpm) and 30" (Smx17 and 100 rpm)
26	1	5	60	42/-	>90	Cool down, easy!

Bg = Big ring in front

Sm = small ring in front