




Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-3	4	4	Small	90-100	Warm up / Loose up
2	0	3	7	Bgx15	<80	3 times 30" spin ups* and 30" rest
3	2	1	8	Smx15		30-35 km/h
4	-2	1	9	Smx15	90-100	
5	3	1	10	Smx14		30-35 km/h
6	-3	1	11	Smx16	90-110	
7	1	1	12	Bgx16		30-35 km/h
8	-3	2	14	Smx16	90-110	
9	-4	3	17	Smx16	>80	3 times 30" spin ups and 30" rest
10	0	2	19	Bgx16		35-40 km/h
11	-1	2	21	Smx16	110	
12	0	3	24	Smx16	80-100	3 times 30" ILS ** left leg only and 30" ILS right leg only
13	1	2	26	Smx16	110	
14	0	2	28	Bgx16	80-100	High speed!
15	-4	4	32	Small	100-110	Cool down and stretch afterwards

Bg = Big ring in front

Sm = small ring in front

* Spin Ups: Increase rpm gradually until maximum.

** ILS: Isolated Leg Spin. Put other leg/foot on the back of the trainer or on a chair



Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	8	8	Small	90-100	Warm up / Loose up
2	-2	4	12	Smx19	120-80	4 times 30" High rpm (120-130) and 30" easy (80 rpm).
3	0	2	14	Smx17	80	30-35 km/h
4	-2	2	16	Smx19	110	
5	1	2	18	Smx15	80	
6	-2	3	21	Sm19	110	
7	1	4	25	Bgx17	80	
8	-2	3	28	Smx21	110	
9	0	2	30	Bgx17	90	
10	-2	2	32	Smx21	110	
11	-1	1	33	Smx19	120-80	4 times 30" High rpm (120-130) and 30" easy (80 rpm).
12	2	2	35	Bgx16	60	60 rpm and stan on your pedals.
13	-2	2	37	Smx16	110	Easy spin
14	3	1	38	Bgx14	60	60 rpm and stan on your pedals.
15	-0,4	5	43	Small	90/100	Cool down and stretch afterwards

Bg = Big ring in front

Sm = small ring in front



Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	8	8	Small	95+	Warm up / Loose up
2	0	4	12	Bgx19	80+	2 times 1' hard (40-50 km/h) and 1' rest
3	-1	2	14	Smx17	90+	30-35 km/h
4	0	2	16	Bgx19	90+	2 times 1' hard (40-50 km/h) and 1' rest
5	-2	2	18	Smx15	80+	30-33 km/h
6	-1	3	21	Smx21	110	keep high speed
7	-2	4	25	Smx15	80-90	Easy spin
8	0	3	28	Smx20	110	keep high speed
9	-1	2	30	Smx15	80-90	Easy spin
10	1	2	32	Smx19	110	keep high speed
11	-1	1	33	Smx15	80-90	Easy spin
12	-2	2	35	Smx16		4 times 30" spin ups* and 30" (90 rpm) rest
13	-1	2	37	Smx19	80	4 times 30" ILS** left leg and 30" ILS right leg only
14	-2	1	38	Bgx19	80-100	Easy spin
15	-4	5	43	Small	90-100	Cool down and stretch afterwards

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* Spin Ups: Increase rpm gradually until maximum.

** ILS: Isolated Leg Spin. Put other leg/foot on the back of the trainer or on a chair




Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	4	4	Small	90/100	Easy warm up.
2	-3	4	8	Small	90/100	Extended warm up, spin easy.
3	-2	1	9	Small	90/100	Extended warm up, spin easy.
4	0	5	14	Smx17	95/105	
5	2	1	15	Smx17	90	
6	-3	3	18	Smx19	100	
7	-2	2	20	Smx19	110	
8	2	1	21	Bgx15	80	Keep seated, pedal slow
9	-3	3	24	Bgx19	90	
10	3	3	27	Bgx17	70/80	
11	-3	4	31	Smx19	100	
12	2	3	34	Bgx17	60	Keep seated, pedal slow
13	4	1	35	Bgx15	50	Keep seated, pedal slow
14	-3	3	38	Smx17	100	
15	0	3	41	Smx17	100	
16	-2	5	46	Smx17	100	
17	2	1	47	Bgx15	60	Keep seated, pedal slow
18	-2	3	50	Smx19	100	
19	-3	5	55	Small	90/100	Cool down
20	-4	5	60	Small	90/100	Cool down and stretch afterwards

Bg = Big ring in front

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* Spin Ups: Increase rpm gradually until maximum.

** ILS: Isolated Leg Spin. Put other leg/foot on the back of the trainer or on a chair




Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	4	4	Small	90/95	Easy warm up.
2	-3	4	8	Small	95	Extended warm up, spin easy.
3	-1	2	10	Small	100	Extended warm up, spin easy.
4	2	8	18	Smx17		Alternate 2' at 90 rpm and 2' at 110 rpm
5	-1	3	21	Bgx19	80	
6	4	8	29	Smx17		Alternate 2' at 90 rpm and 2' at 110 rpm
7	-1	3	32	Bgx19	90	
8	3	8	40	Smx17		
9	-1	3	43	Bgx19	90	Alternate 2' at 90 rpm and 2' at 110 rpm
10	5	2	45	Bgx17	70	
11	-1	5	50	Smx21	100/110	
12	2	5	55	Smx19	100	
13	-1	2	57	Smx23	120+	
14	4	4	61	Ggx15	60	
15	5	4	65	Smx19	110+	
16	-3	5	70	Small	90/100	Cool down
17	-4	5	75	Small	90/100	Cool down and stretch afterwards

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* Spin Ups: Increase rpm gradually until maximum.

** ILS: Isolated Leg Spin. Put other leg/foot on the back of the trainer or on a chair



Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	4	4	Small	90/95	Easy warm up.
2	-3	3	7	Small	95	Extended warm up, spin easy.
3	-2	2	9	Small	100	Extended warm up, spin easy.
4	0	6	15	Smx21	90	
5	1	4	19	Smx20	90	
6	2	2	21	Bgx15	70	
7	-1	5	26	Smx21	90	
8	0	4	30	Smx20	90	
9	1	2	32	Bgx15	70	
10	2	6	38	Smx21	90	
11	-2	4	42	Smx20	90	
12	2	2	44	Bgx15	70	
13	4	6	50	Smx21	90	
14	-1	4	54	Smx20	90	
15	1	2	56	Bgx15	70	
16	2	6		Smx21	90	
17	3	4		Smx20	90	
18	-2	2		Bg15	70	
19	3	6		Smx21	90	
20	5	4		Smx20	90	
21	-2	2		Bgx15	70	
22	-3	5	61	Small	90/100	Cool down
23	-4	5	66	Small	90/100	Cool down and stretch afterwards

Bg = Big ring in front

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* Spin Ups: Increase rpm gradually until maximum.

** ILS: Isolated Leg Spin. Put other leg/foot on the back of the trainer or on a chair




Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	4	4	Small	90-95	Easy warm up, spinning!
2	-3	4	8	Small	95	Extended warm up
3	-2	2	10	Small	100	Extended warm up
4	-1	5	15	Smx17	80	
5	0	4	19	Smx17	90	
6	-2	3	22	Smx19	100	
7	-1	2	24	Smx19	110	
8	0	1	25	Smx21	115	
9	-3	5	30	Bgx18	90	
10	-2	4	34	Bgx18	80	
11	-1	3	37	Bgx16	70	
12	0	2	39	Bgx16	60	
13	1	1	40	Bgx16	50	stay seated
14	-3	5	45	Smx17	100	
15	-2	4	49	Smc17	100	
16	-1	3	52	Smx17	100	
17	0	2	54	Smx19	100	
18	-3	1	55	Smx19	100	
19	-4	10	65	Small	90-100	Cool down and stretch afterwards.

Bg = Big ring in front

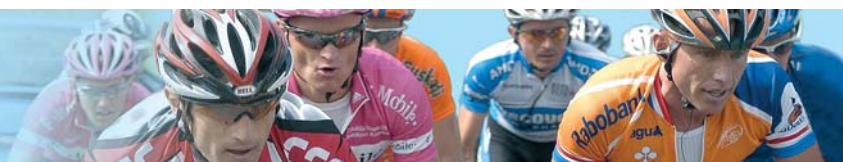
Sm = small ring in front




Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	4	4	Small	90-95	Easy warm up, spinning!
2	-3	4	8	Small	95	Extended warm up
3	-2	2	10	Small	100	Extended warm up
4	-1	4	14	Smx17	100	
5	0	4	18	Smx15	100	
6	-2	4	22	Smx15	90	
7	-1	10	32	Smx15		Alternate 30" 120 rpm and 30" 80 rpm
8	-2	4	36	Bgx19	80	
9	-3	4	40	Bgx19	80	
10	0	4	44	Smx17	90	
11	1	10	54	Bgx17		Alternate 30" 120 rpm and 30" 80 rpm
12	-3	2	56	Small	100	Cool down
13	-2	4	60	Small	95	Cool down
14	-3	4	64	Small	90-95	Cool down

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	4	4	Small	90-95	Easy warm up, spinning!
2	-3	4	8	Small	95	Extended warm up
3	-4	2	10	Small	100	Extended warm up
4	-2	2	12	Smx21	90	
5	-2	2	14	Smx20	90	
6	-2	2	16	Smx19	90	
7	-2	2	18	Smx18	90	
8	-2	2	20	Smx17	90	
9	-2	2	22	Smx16	90	
10	-2	2	24	Smx15	90	
11	-3	2	26	Smx16	100	
12	-4	2	28	Smx17	100	
13	-3	2	30	Smx16	100	
14	-4	2	32	Smx18	100	
15	-3	2	34	Smx19	100	
16	-4	2	36	Smx20	100	
17	-3	2	38	Smx21	100	
18	-2	3	41	Bgx18	90	
19	-3	3	44	Bgx18	90	
20	-1	1	45	Bgx18	100	
21	0	2	47	Bgx18	110	
22	-2	5	52	Bgx17	90	Hands in the drops-aero position-concentrate!
23	0	2	54	Smx19	100	
24	-3	1	55	Smx19	100	
25	-4	10	65	Small	90-100	Cool down and stretch afterwards.

Bg = Big ring in front

Sm = small ring in front




Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	5	5	Small	90-95	Easy warm up, spinning!
2	-3	5	10	Small	95	Extended warm up
3	-2	5	15	Small	100	Extended warm up
4	0	3	18	Smx23	90/95	
5	3	3	21	Smx21	90/95	
6	2	3	24	Smx19	90/95	
7	1	3	27	Smx17	90/95	
8	0	3	30	Smx15	90/95	
9	-1	5	35	Bgx19	80/85	Ride easy.
10	0	9	44		90	Start in your smallest gear for 1'. Shift up one gear every minute and stay at 90 rpm.
11	-1	6	50	Bgx17		alternate 1' 70 rpm and 1' 90 rpm
12	-2	5	55	Small	100	Cool down
13	-3	5	60	Small	100+	Cool down and stretch

Bg = Big ring in front

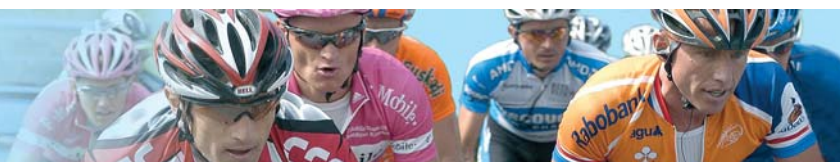
Sm = small ring in front




Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-3	5	5	Small	90-95	Easy warm up, spinning!
2	-2	4	9	Small	95	Extended warm up
3	-1	4	13	Small	100	Extended warm up
4	0	5	18	42x19		1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm and 1' at 110rpm
5	-2	3	21	52x19	90	Ride easy
6	0	5	26	42x17		1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm and 1' at 110rpm
7	-2	3	29	52x19	90	Ride easy
8	1	5	34	42x15		1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm and 1' at 110rpm
9	-2	3	37	52x19	90	Ride easy
10	0	6	43	52x17		2' at 80 rpm and 2' at 90 rpm and 2' at 100 rpm
11	-1	5	48	52x19		1' at 60rpm and 1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm
12	-2	3	51	42x19	100+	Ride easy
13	-1	5	56	52x17		1' at 60rpm and 1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm
14	1	3	59	42x19	100+	Ride easy
15	-1	5	64	52x17		1' at 60rpm and 1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm
16	0	3	67	42x19	100+	Ride easy
17	-2	4	71	Small	100	Cool down
18	-3	4	75	Small	100+	Cool down and stretch

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Sm = small ring in front

Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	5	5	Small	90-95	Easy warm up, spinning!
2	-3	5	10	Small	95	Extended warm up
3	-4	5	15	Small	100	Extended warm up
4	-1	1	16	42x21		Increase your rpm from 80 rpm first 15" to 110 rpm in the last 15".
5	0	1	17	42x20	105	
6	1	1	18	42x19	100	
7	2	1	19	42x18	90	
8	1	1	20	42x17	100	
9	0	1	21	42x16	105	
10	-1	1	22	42x15	110	
11	-2	4	26	42x16	100	Easy .
12	-1	2	28	42x21		Increase your rpm from 80 rpm first 15" to 110 rpm in the last 15".
13	0	2	30	42x20	105	
14	1	2	32	42x19	100	
15	2	2	34	42x18	90	
16	1	2	36	42x17	100	
17	0	2	38	42x16	105	
18	-1	2	40	42x15	110	
19	-2	4	44	42x16	100	Easy .
20	1	3	47	42x21		Increase your rpm from 80 rpm first 15" to 110 rpm in the last 15".
21	-2	3	50	42x20	105	
22	-3	3	53	42x19	100	
23	2	3	56	42x18	90	
24	1	3	59	42x17	100	
25	-2	3	62	42x16	105	
26	-1	3	65	42x15	110	
27	0	5	70	Small	100	Cool down
28	-3	5	75	Small	100+	Cool down and stretch

Bg = Big ring in front

Sm = small ring in front