

Route	Slope	Time	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	3	13	Smx17	90	Steady pace
4	-1	5	18	Smx17	80/90	
5	0	4	22	Smx19	80/90	
6	1	3	25	Smx21	80/90	
7	2	1	26	Smx23	80/90	
8	-2	3	29	Smx19	free	
9	1	3	32	Smx19	100+	
10	2	1	33	Bgx17	80/90	
11	3	1	34	Smx19	80/90	
12	-2	3	37	Smx19	free	
13	1	3	40	Bgx17	80/90	
14	3	2	42	Smx19	80/90	
15	5	1	43	Smx21	70/80	
16	6	1	44	smx19	70	Standing!!
17	-2	5	49	Bgx17	100+	Make speed!
18	-1	3	52	Smx19	90/100	
19	-2	4	56	Small	95	Cool down
20	-3	4	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	-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	1	11	free	90+	
5	0	1	12	free	90+	
6	-1	1	13	free	90+	
7	0	1	14	free	90+	
8	1	1	15	free	90+	
9	2	1	16	free	90+	
10	3	1	17	free	90+	
11	2	1	18	free	90+	
12	3	1	19	free	90+	
13	4	1	20	free	90+	
14	-4	8	28	53x17	80/90	
15	0	1	29	free	90+	
16	2	1	30	free	90+	
17	3	1	31	free	90+	
18	2	1	32	free	90+	
19	0	1	33	free	90+	
20	1	1	34	free	90+	
21	2	1	35	free	90+	
22	3	1	36	free	90+	
23	4	1	37	free	90+	
24	3	1	38	free	90+	
25	2	8	46	53x17	80/90	
26	4	1	47	free	90+	
27	3	1	48	free	90+	
28	2	1	49	free	90+	
29	1	1	50	free	90+	
30	0	1	51	free	90+	
31	-1	1	52	free	90+	
32	-2	1	53	free	90+	
33	-3	1	54	free	90+	
34	0	1	55	free	90+	
35	-2	4	59	Small	100	Cool down
36	-3	4	63	Small	95	Cool down
37	-4	4	67	Small	90-95	Cool down

Bg = Big ring in front

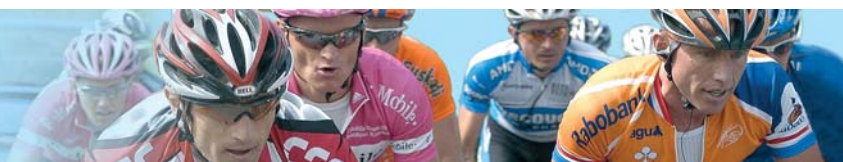
Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	-4	2000	2000	Small	90-95	Easy warm up, spinning!
2	-3	2000	4000	Small	95	Extended warm up
3	-2	2000	6000	Small	100	Extended warm up
4	1	300	6300	free	70/75	
5	3	300	6600	free	70/80	
6	5	300	6900	free	80+	
7	6	300	7200	free	80+	
8	-4	1500	8700	Bgx17	100+	
9	3	400	9100	free	70/80	
10	4	400	9500	free	70/80	
11	5	400	9900	free	70/80	
12	7	400	10300	free	70/75	Standing
13	-4	1500	11800	Bgx17	100+	
14	-1	600	12400	Smx17	70/80	
15	0	600	13000	Bgx19	70/80	
16	1	500	13500	Smx19	70/80	
17	2	500	14000	free	70/80	
18	1	400	14400	free	70/80	
19	0	400	14800	free	70/80	
20	2	300	15100	free	70/80	
21	4	300	15400	free	70/80	
22	1	200	15600	free	70/80	
23	-1	200	15800	free	70/80	
24	-4	2000	17800	42x17	100+	
25	-1	2000	19800	free	70/80	
26	0	2000	21800	free	70/80	
27	1	1000	22800	free	70/80	
28	0	2000	24800	free	70/80	
29	-4	1500	26300	42x17	100+	
30	7	300	26600	free	70/80	Standing
31	5	1700	28300	free	70/80	
32	-0,4	1500	29800	Bgx19	100+	
33	7	300	30100	free	70	Standing
34	5	900	31000	free	70/80	
35	-2	1000	32000	Small	100	Cool down
36	-3	2000	34000	Small	95	Cool down
37	-4	2000	36000	Small	90-95	Cool down

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Time	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	3	11	Small	100	Extended warm up
4	1	5	16	Bgx17	70/75	
5	-2	3	19	Smx21	95+	
6	2	4	23	Bgx17	70	
7	-2	3	26	Smx21	95+	
8	3	3	29	Bgx19	70/75	
9	-2	3	32	Smx21	95+	
10	4	2	34	Smx23	90+	
11	-2	3	37	Smx21	95+	
12	5	1	38	Smx19	90+	
13	-2	3	41	Smx21	95+	
14	6	1	42	Smx19	90+	
15	-2	4	46	Smx23		alternate 1' 110 rpm and 1' 90 rpm
16	1	3	49	Bgx17	70	
17	2	3	52	Bgx19	60	
18	-2	4	56	Small	100	Cool down
19	-4	4	60	Small	100+	Cool down and stretch

Bg = Big ring in front

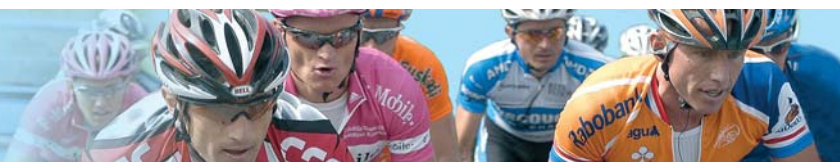
Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	-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	10	25	Smx19		Start at 26 km/h and increase speed by 2 km p/h every minute
5	-2	3	28	Smx19	100+	
6	1	8	36	Smx19		Start at 30 km/h and increase speed by 2 km p/h every minute
7	-2	3	39	Smx19	100+	
8	1	6	45	Smx19		Start at 32 km/h and increase speed by 2 km p/h every minute
9	-2	3	48	Smx19	100+	
10	2	6	54	Smx19		Start at 34 km/h and increase speed by 2 km p/h every minute
11	-2	4	58	Smx23	100+	
12	3	1	59	Bgx19		Ride as fast as you can
13	-2	1	60	Smx21	100+	
14	4	1	61	Bgx17		Ride as fast as you can
15	-2	1	62	Smx19	100+	
16	5	1	63	Bgx17		Ride as fast as you can
17	-2	1	64	Smx17	100+	
18	4	1	65	Bgx17		Ride as fast as you can
19	-3	5	70	Small	100	Cool down
20	-4	5	75	Small	100+	Cool down and stretch

Bg = Big ring in front

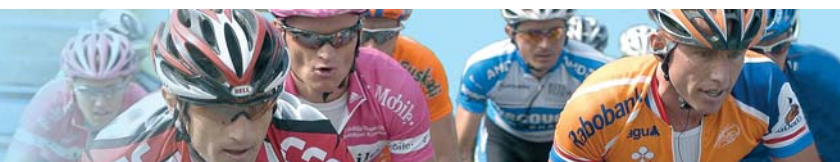
Sm = small ring in front

Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	-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	2	3	18	Bgx19	60/70	one minute standing - one seated and one standing
5	-4	3	21	Smx19	100	
6	3	3	24	Smx21	70/80	try to maintain 80 rpm
7	-4	3	27	Smx19	100	
8	4	3	30	Smx17	70	keep rpm
9	-4	3	33	Smx19	100	
10	5	3	36	free	70/80	
11	-4	3	39	Smx19	100	
12	6	3	42	free	70/80	
13	-4	3	45	Smx21	100	
14	3	3	48	free	70/80	
15	-4	3	51	Smx21	100	
16	2	3	54	free	70/80	
17	-4	5	59	Smx19	90/95	take it easy!!
18	0	3	62	Smx17		1' at 80 and 1' at 90 and 1' at 100 rpm
19	-2	3	65	Bgx17	90	
20	0	3	68	Smx17		1' at 90 and 1' at 100 and 1' at 110 rpm
21	-2	3	71	Bgx17	90	
22	0	3	74	Smx17		1' at 95 and 1' at 105 and 1' at 115 rpm
23	-2	3	77	Bgx17	90	
24	0	3	80	Smx17		1' at 100 and 1' at 110 and 1' at 120 rpm
25	-2	5	85	Small	100	Cool down
26	-3	5	90	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	-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	2	3	18	Bgx19	60/70	one minute standing - one seated and one standing
5	-4	3	21	Smx19	100	
6	3	3	24	Smx21	70/80	try to maintain 80 rpm
7	-4	3	27	Smx19	100	
8	4	3	30	Smx17	70	keep rpm
9	-4	3	33	Smx19	100	
10	5	3	36	free	70/80	
11	-4	3	39	Smx19	100	
12	6	3	42	free	70/80	
13	-4	3	45	Smx21	100	
14	3	3	48	free	70/80	
15	-4	3	51	Smx21	100	
16	2	3	54	free	70/80	
17	-4	5	59	Smx19	90/95	take it easy!!
18	0	3	62	Smx17		1' at 80 and 1' at 90 and 1' at 100 rpm
19	-2	3	65	Bgx17	90	
20	0	3	68	Smx17		1' at 90 and 1' at 100 and 1' at 110 rpm
21	-2	3	71	Bgx17	90	
22	0	3	74	Smx17		1' at 95 and 1' at 105 and 1' at 115 rpm
23	-2	3	77	Bgx17	90	
24	0	3	80	Smx17		1' at 100 and 1' at 110 and 1' at 120 rpm
25	-2	5	85	Small	100	Cool down
26	-3	5	90	Small	100+	Cool down and stretch

Bg = Big ring in front

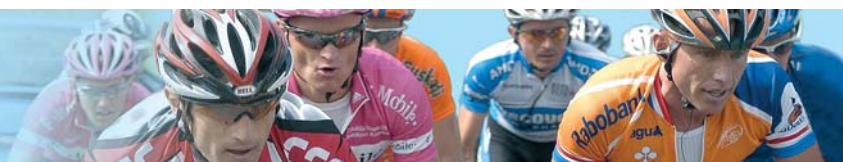
Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	-4	4	4	Small	90-95	Easy warm up, spinning!
2	-3	3	7	Small	95	Extended warm up
3	-2	2	9	Small		Extended warm up 1' at 110 rpm and 1' at 90 rpm
4	-1	3	12	Free	90+	
5	0	2	14	Free	90+	
6	1	1	15	Free	80	
7	-2	1	16	Free	100+	
8	2	4	20	Free	90+	
9	3	3	23	Free	80+	
10	2	2	25	Free	80+	
11	4	1	26	Free	70+	
12	-2	1	27	Free	100+	
13	1	5	32	Free	90+	
14	2	4	36	Free	80/90	
15	3	3	39	Free	80/90	
16	4	2	41	Free	80	
17	5	1	42	Free	70	
18	-2	1	43	Free	100+	
19	1	6	49	Free	90+	
20	2	5	54	Free	80/90	
21	4	4	58	Free	80/90	
22	5	3	61	Free	80	
23	6	2	63	Free	70	
24	7	1	64	Free	60	Standing
25	-2	1	65	Free	100+	
26	2	1	66	Free	70	30" standing and 30" seated
27	3	1	67	Free	60	30" standing and 30" seated
28	-2	4	71	Small	90/100	Cool down
29	-4	4	75	Small	90/100	Cool down and stretch

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Time	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		Extended warm up 1' at 110 rpm and 1' at 90 rpm
4	1	3	13	Free	90+	
5	2	2	15	Free	90+	
6	3	1	16	Free	90+	
7	4	1	17	Free	90+	
8	-2	4	21	Smx21	100+	
9	-1	3	24	Free	90+	
10	1	2	26	Free	90+	
11	3	2	28	Free	90+	
12	5	1	29	Free	80	Standing
13	-2	3	32	Smx21	100+	
14	-1	4	36	Smx19	90/95	
15	4	5	41	Sm19	100+	
16	0	3	44	Smx17	90/95	
17	3	3	47	Smx19	100+	
18	0	3	50	Smx17	90/95	
19	4	3	53	Smx21	100+	
20	1	2	55	Smx17	90/95	
21	5	3	58	Smx21	100+	
22	1	3	61	Smx23	90/95	
23	6	3	64	Smx21	80	
24	0	3	67	Smx19	100+	
25	-1	5	72	Smx15	90+	
26	1	3	75	Smx17	90+	
27	0	3	78	Smx19	100+	
28	1	3	81	Smx21	90+	
29	-2	3	84	Smx23	100+	
30	7	4	88	Bgx19	70	Standing
31	2	4	92	Smx21	90+	
32	-2	5	97	Smx18	100+	
33	7	2	99	Bgx19	70	Standing
34	-2	3	102	Small	90/100	
35	-3	4	106	Small	90/100	Cool down
36	-4	4	110	Small	90/100	Cool down and stretch

Bg = Big ring in front

Sm = small ring in front




Route	Slope	Time	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	1	4	19	Smx17		2' at 60 rpm and 2' at 50 rpm
5	-1	2	21	Bgx17	90	
6	1	4	25	Smx19		2' at 50 rpm and 2' at 70 rpm
7	-1	2	27	Bgx17	90	
8	2	1	28	Smx23	100+	
9	-2	5	33	Smx19	90+	Easy!!!
10	0	4	37	free	80+	
11	1	3	40	free	80+	
12	2	2	42	free	80+	
13	3	2	44	free	80+	
14	1	1	45	free	80+	
15	2	1	46	free	80+	stand for 30" and sit for 30"
16	3	1	47	free	80+	
17	-1	5	52	free	80+	stand for 30" and sit for 30"
18	0	4	56	Small	95	Cool down
19	-0,4	4	60	Small	90-95	Cool down

Bg = Big ring in front

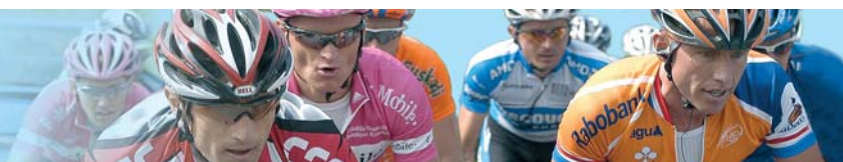
Sm = small ring in front




Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	-4	4	4	Small	90-95	Easy warm up, spinning!
2	-3	4	8	Small	95	Extended warm up
3	-2	3	11	Small	100	Extended warm up
4	-1	5	16	Smx21	90+	
5	-1	4	20	Smx19	90+	
6	-1	3	23	Smx17	90+	
7	-1	2	25	Smx15	90+	30" standing and 45" seated
8	0	1	26	Smx21	90+	30" standing and 30" seated
9	-2	4	30	Smx23	100+	
10	-1	5	35	Smx19	80+	
11	-1	4	39	Smx17	80+	
12	-1	3	42	Smx16	80+	
13	-1	2	44	Smx15	80+	30" standing and 45" seated
14	0	1	45	Smx21	80+	30" standing and 30" seated
15	-2	4	49	Smx23	100+	
16	-3	5	54	Smx23	70+	
17	-2	4	58	Smx23	70+	
18	-1	3	61	Smx23	70+	
19	0	2	63	Smx23	70+	30" standing and 45" seated
20	2	1	64	Smx23	70+	30" standing and 30" seated
21	-1	4	68	Smx23	100+	
22	-2	3	71	Small	95	Cool down
23	-3	4	75	Small	90-95	Cool down

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Distance	Cum-Dist	Gear	rpm	Details
1	-4	3000	3000	Small	90-95	Easy warm up, spinning!
2	-3	3000	6000	Small	95	Extended warm up
3	-2	3000	9000	Small	100	Extended warm up
4	-1	1000	10000	Bgx19	70	
5	-1	800	10800	Bgx18	80	
6	-1	600	11400	Bgx17	80	
7	-1	1000	12400	Smx19	90	
8	-1	400	12800	Smx17	90	
9	0	400	13200	Smx21	70	
10	0	400	13600	Smx21	80	
11	0	400	14000	Smx21	90	
12	0	400	14400	Smx21	100	
13	0	400	14800	Smx21	105	
14	0	400	15200	Smx21	110	
15	-1	400	15600	Smx21	70	
16	-1	400	16000	Smx21	80	
17	-1	400	16400	Smx21	90	
18	2	400	16800	Smx21	70	
19	-1	400	17200	Bgx19	80+	
20	-2	800	18000	free	100+	
21	3	400	18400	Smx21	80+	
22	3	400	18800	Smx19	80+	
23	3	400	19200	Smx17	80+	
24	2	400	19600	Smx19	80+	
25	1	400	20000	Bgx17	80+	
26	-2	400	20400	free	100+	
27	0	200	20600	Smx17	80+	
28	1	200	20800	Smx17	80+	
29	2	200	21000	Smx17	80+	
30	3	200	21200	Smx17	80+	
31	4	400	21600	Smx17	80+	
32	-1	400	22000	free	100+	
33	-2	2000	24000	Small	100	Cool down
34	-3	3000	27000	Small	95	Cool down
35	-4	3000	30000	Small	90-95	Cool down

Bg = Big ring in front

Sm = small ring in front