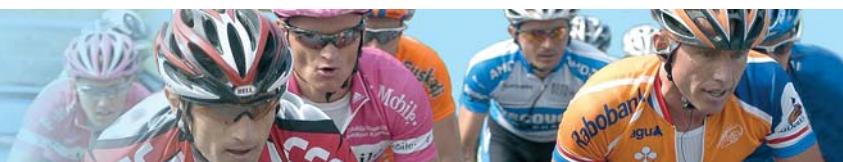





Route	Slope	Time	Cum-Time	Gear	rpm	Details
1	-4	5	5	Small	100+	Warm up / spin easy
2	-2	5	10	Smx19		Alternate 30" high rpm (115/120 rpm) and 30" low rpm (80/85 rpm)
3	-1	3	13	Smx17		Speed up to 36/38 km/h (22 mph)
4	-3	2	15	Smx16	90/100	rest
5	2	2	17	Bgx16		Speed up to 38/40 km/h (24 mph)
6	-2	2	19	Smx16	90/100	rest
7	2	2	21	Bgx16		Speed up to 40/42 km/h (25 mph)
8	-2	2	23	Smx17	90/100	rest
9	3	2	25	Bgx17		Speed up to 42/44 km/h (27 mph)
10	-2	2	27	Smx19	90/100	rest
11	3	2	29	Bgx19		try to speed up to 44/46 km/h (28 mph)
12	-2	2	31	Smx17	90/100	rest
13	1	1	32	Bgx17		try to speed up to 46/48 km/h (29/30 mph)
14	-2	2	34	Smx15	90/100	rest
15	1	1	35	Bgx17		as fast as you can!!
16	-2	5	40	Small	100+	Cool down.
17	-3	5	45	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	100	warm up / spin easy
2	-2	4	9	Small		Alternate 30" high rpm (115/120 rpm) and 30" low rpm (80/85 rpm)
3	1	1	10	Bgx17	80	Speed up to 32/34 km/h (23 mph)
4	-2	3	13	Smx21	100	rest
5	2	1	14	Bgx17	80	Speed up to 32/34 km/h (23 mph)
6	-1	3	17	Smx21	100	rest
7	3	1	18	Bgx17	80	Speed up to 34/36 km/h (25 mph)
8	-2	3	21	Smx21	100	rest
9	4	1	22	Bgx15	80	Speed up to 34/36 km/h (25 mph)
10	-1	3	25	Smx21	100	rest
11	1	10	35		80/110	alternate 30" on 80 rpm (big gear) and 30" on 110 rpm
12	-2	2	37	Smx21	100	rest
13	3	1	38	Smx19	80	Speed up to 32/34 km/h (23 mph)
14	2	3	41	Smx21	80	rest
15	-1	1	42	Smx19		as fast as you can!!
16	-2	5	47	Small	100+	cool down and stretch
17	-4	5	52	Small	100+	cool down and stretch

Bg = Big ring in front

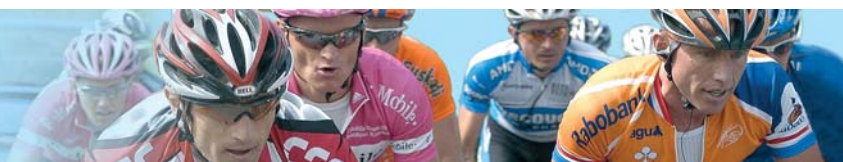
Sm = small ring in front




Route	Slope	Distance	Cum-Dist	Gear	rpm	Details
1	-4	3000	3000	Small	90/100	Warm up / spin easy
2	-3	3000	6000	Small	100+	Extended warm up
3	0	1500	7500	Bgx17	90	keep pace
4	-2	3000	10500	Smx17	100+	rest
5	0	1500	12000	Bgx19	90	keep pace
6	-2	3000	15000	Smx19	100+	rest
7	0	4000	19000	Bgx17		4 times (500m' at 38/30 km/h and 500m at 30/32 km/h)
8	-2	3000	22000	Smx17	100+	rest
9	1	2000	24000	Bgx15		10 times (100m at 42/44 km/h and 100m at 30/32 km/h)
10	-2	3000	27000	Smx17	100+	rest
11	2	1500	28500	Bgx15		10 times (50m at 42/44 km/h and 50m at 30/32 km/h)
12	-2	1500	30000	Smx17	100+	rest
13	-1	2000	32000	Smx19		as fast as you can!!
14	2	500	32500	Bgx13	60/65	Low rpm -60 to 65 and keep seated
15	-1	1500	34000	Smx17		as fast as you can
16	-2	3000	37000	small	100+	Cool down.
17	-3	3000	40000	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	85/90	Easy warm up, spin easy
2	-3	4	8	Small	95/100	Extended warm up
3	-2	2	10	Small	100+	Extended warm up
4	-1	3	13	Smx19	95/100	
5	-2	3	16	Smx21	95/100	
6	0	3	19	Bgx17	80/85	
7	-2	3	22	Smx21	95/100	
8	1	1	23	Bgx17	90	
9	-2	1	24	Smx21	95/100	
10	2	1	25	Bgx17	90	
11	-2	1	26	Smx21	95/100	
12	3	1	27	Bgx17	90	
13	-2	1	28	Smx21	95/100	
14	4	1	29	Bfx19	90	
15	-2	1	30	Smx21	95/100	
16	5	1	31	Bgx18	90	
17	-2	1	32	Smx21	95/100	
18	4	1	33	Bgx17	90	
19	-2	1	34	Smx21	95/100	
20	3	1	35	Bgx16	90	
21	-2	1	36	Smx21	95/100	
22	2	1	37	Bgx15	90	
23	-2	1	38	Smx21	95/100	
24	1	1	39	Bgx16	90	
25	-2	1	40	Smx21	95/100	
26	0	1	41	Bgx17	90	
27	-2	5	46	Smx21	95/100	
28	-1	5	51	Smx19	90/100	
29	-2	2	53	Small	100+	Cool down
30	-3	4	57	Small	95/100	Cool down
31	-4	4	61	Small	80/90	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	85/90	Easy warm up, spin easy
2	-3	5	9	Small	95/100	Extended warm up
3	-2	3	12	Small	100+	Extended warm up
4	-1	3	15	Smx19	95/100	
5	-2	3	18	Smx21	95/100	
6	0	3	21	Bgx17	80/85	
7	-2	3	24	Smx21	95/100	
8	1	1	25	Bgx17	90	
9	-2	1	26	Smx21	95/100	
10	2	1	27	Bgx17	90	
11	-2	1	28	Smx21	95/100	
12	3	1	29	Bgx17	90	
13	-2	1	30	Smx21	95/100	
14	4	1	31	Bgx19	90	
15	-2	1	32	Smx21	95/100	
16	5	1	33	Bgx18	90	
17	-2	1	34	Smx21	95/100	
18	4	1	35	Bgx17	90	
19	-2	1	36	Smx21	95/100	
20	3	1	37	Bgx16	90	
21	-2	1	38	Smx21	95/100	
22	2	1	39	Bgx15	90	
23	-2	1	40	Smx21	95/100	
24	1	1	41	Bgx16	90	
25	-2	1	42	Smx21	95/100	
26	0	1	43	Bgx17	90	
27	-2	5	48	Smx21	95/100	
28	-1	5	53	Smx19	90/100	
29	-2	3	56	Small	100+	Cool down
30	-3	5	61	Small	95/100	Cool down
31	-4	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	-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	Bgx15	70	
5	-2	3	21	Smx21	100	
6	3	3	24	Bgx17	70	
7	-2	3	27	Smx21	100	
8	4	3	30	Bgx19	70	
9	-2	3	33	Smx21	100	
10	5	3	36	Bgx19	70	
11	-2	3	39	Smx21	100	
12	4	3	42	Bgx19	70	
13	-2	3	45	Smx21	100	
14	3	3	48	Smx17	70	
15	-2	3	51	Bgx17	100	
16	2	3	54	Bgx15	70	
17	-2	5	59	Smx21	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	Smx15		1' at 90 and 1' at 100 and 1' at 110 rpm
21	-2	3	71	Bgx15	90	
22	0	3	74	Smx15		1' at 95 and 1' at 105 and 1' at 115 rpm
23	-2	3	77	Bgx15	90	
24	-1	3	80	Smx19		1' at 100 and 1' at 110 and 1' at 120 rpm
25	-3	5	85	Small	100	Cool down
26	-4	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	85/90	Easy warm up, spin easy
2	-3	4	8	Small	95/100	Extended warm up
3	-2	4	12	Small	100+	Extended warm up
4	1	4	16	Bgx19		1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm
5	-2	3	19	Smx21	100+	
6	0	4	23	Bgx17		1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm
7	-2	3	26	Smx21	100+	
8	-1	4	30	Bgx15		1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm
9	-2	3	33	Smx21	100+	
10	2	4	37	BGx19		1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm
11	-2	3	40	Smx21	100+	
12	1	4	44	Bgx17		1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm
13	-2	3	47	Smx21	100+	
14	0	4	51	Bgx15		1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm
15	-2	3	54	Smx21	100+	
16	1	4	58	Bgx13		1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm
17	-2	4	62	Smx21	100+	
18	-3	4	66	Small	95/100	Cool down
19	-4	4	70	Small	80/90	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	85/90	Easy warm up, spin easy
2	-3	3	7	Small	95/100	Extended warm up
3	-2	2	9	Small	100+	Extended warm up
4	3	10	19	Smx17		Alternate 30" at 100 rpm and 30" 80/85 rpm
5	-2	5	24	Bgx14	80	
6	2	6	30	Smx17		Alternate 15" at 100 rpm and 15" 80/85 rpm
7	-2	3	33	Smx19	100+	
8	1	4	37	Bgx17		2' at 90 rpm and 2' at 105 rpm
9	-2	3	40	Smx19	100+	
10	4	4	44	Bgx17		2' at 60 rpm and 2' at 90 rpm
11	-2	3	47	Smx21	100+	
12	1	4	51	Bgx17		2' at 90 rpm and 2' at 115 rpm
13	-2	3	54	Smx21	100+	
14	-1	6	60	Smx19		Alternate 30" at 100 rpm and 30" 80/85 rpm
15	-3	5	65	Small	100+	Cool down
16	-4	5	70	Small	100+	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	85/90	Easy warm up, spin easy
2	-3	3	7	Small	95/100	Extended warm up
3	-2	2	9	Small	100+	Extended warm up
4	2	10	19	Bgx17	100/110	2' at 60 and 2' at 70 and 2' at 80 and 2' at 90 and 2' at 100 rpm
5	-2	2	21	Smx17	80/90	
6	3	8	29	Bgx17	100/110	Alternate 1' at 70 rpm and 1' 90 rpm
7	-2	2	31	Smx17	80/90	
8	4	8	39	Bgx17	100/110	
9	-2	2	41	Smx17	80/90	
10	2	7	48	Bgx17	100/110	
11	-2	2	50	Smx17	80/90	
12	3	6	56	Bgx17	100/110	
13	-2	2	58	Smx17	80/90	
14	3	5	63	Bgx17	100/110	
15	-2	2	65	Smx17	80/90	
16	2	4	69	Bgx17	100/110	
17	-2	2	71	Smx17	80/90	
18	3	3	74	Bgx17	100/110	
19	-2	2	76	Smx17	80/90	
20	5	2	78	Bgx17	100/110	
21	-2	2	80	Smx17	80/90	
22	4	1	81	Bgx17	100/110	
23	-3	5	86	Small	100+	Cool down
24	-4	5	91	Small	100+	Cool down

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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	6	14	Smx19	100	Alternate 30" at 90 rpm and 30" at 110 rpm
4	-1	3	17	Bgx19		Ride as fast as you can
5	-2	2	19	Smx21	90/100	Easy-rest
6	0	3	22	Bgx17		Ride as fast as you can
7	-2	2	24	Smx21	90/100	Easy-rest
8	1	3	27	Smx17		Ride as fast as you can
9	-2	2	29	Smx21	90/100	Easy-rest
10	-1	2	31	Bgx19		Ride as fast as you can
11	-2	2	33	Smx21	90/100	Easy-rest
12	0	2	35	Smx17		Ride as fast as you can
13	-2	2	37	Smx21	90/100	Easy-rest
14	-1	20	57			Alternate 1' at 90 rpm Bgx17 and 1' at 100+ rpm Smx17
15	-2	4	61	Smx19	90	
16	-3	4	65	Small	95	Cool down
17	-4	4	69	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	10	20			Alternate 1' 80 rpm (Bgx17) and 1' 100 rpm (Smx17)
5	-2	1	21	Smx19	100+	
6	0	9	30		90/95	Start in smallest gear and shift up every minute
7	-2	1	31	Smx19	100+	
8	-1	8	39			4' at 70 rpm (Bgx17) and 4' at 100 rpm Smx21
9	-2	1	40	Smx19	100+	
10	0	7	47	Bgx17	90	Steady pace, only last minute as fast as you can
11	-2	1	48	Smx19	100+	
12	2	6	54			3' at 70 rpm (Bgx17) and 3' at 100 rpm Smx21
13	-2	1	55	Smx19	100+	
14	-1	5	60	Smx19	90	Steady pace, only last minute as fast as you can
15	-2	1	61	Smx19	100+	
16	3	4	65			2' at 70 rpm (Bgx17) and 2' at 100 rpm Smx21
17	-2	1	66	Smx19	100+	
18	0	3	69	Bgx15	90	Steady pace, only last minute as fast as you can
19	-2	1	70	Smx19	100+	
20	4	2	72	Smx15	90	
21	-2	1	73	Smx19	100+	
22	3	1	74	Smx15	100+	
23	-2	2	76	Small	100	Cool down
24	-3	4	80	Small	95	Cool down
25	-4	4	84	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	5	5	Small	90/100	Easy warm up, spinning!
2	-3	5	10	Small	100+	Extended warm up
3	-2	6	16	Smx17		Alternate 30" at 110 rpm and 30" at 80 rpm
4	-1	3	19	Smx17	100	
5	-2	2	21	Smx21	80/90	
6	0	3	24	Smx15	100	
7	-2	2	26	Smx21	80/90	
8	0	10	36			alternate 1' at 100/110 rpm Smx17 and 1' at 80 rpm Bgx17
9	-2	3	39	Smx21	80/90	easy
10	2	2	41	Smx17	90+	
11	-2	1	42	42x21	80/90	
12	3	2	44	53x17	90+	
13	-2	1	45	42x21	80/90	
14	4	2	47	53x17	90+	
15	-2	1	48	42x21	80/90	
16	3	2	50	53x17	90+	
17	-2	1	51	42x21	80/90	
18	2	2	53	53x17	90+	
19	-2	1	54	42x21	80/90	
20	1	2	56	53x17	90+	
21	-2	1	57	42x21	80/90	
22	0	2	59	53x17	90+	
23	-2	1	60	42x21	80/90	
24	-1	2	62	53x17	90+	
25	-2	3	65	42x21	100+	
26	-3	5	70	Small	95	Cool down
27	-4	5	75	Small	90-95	Cool down

Bg = Big ring in front

Sm = small ring in front