

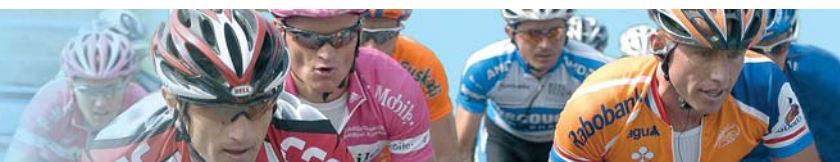
Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	4	4	Small	90-95	Easy warm up, spinning!
2	-3	4	8	Small	95	Extended warm up
3	-2	2	10	Small	100	Extended warm up
4	-1	3	13	Smx19	95	
5	-2	2	15	Smx17	100	
6	0	1	16	Bgx17	100	warm up sprint!
7	-2	3	19	Smx19	95	
8	-1	2	21	Bgx17	110	
9	1	1	22	Bgx15	120+	First sprint!!
10	-2	3	25	Smx19	100	
11	-1	2	27	Bgx17	110	
12	0	1	28	Bgx15	125+	Second sprint!!
13	-2	3	31	Smx19	100	
14	-1	2	33	Bgx17	110	
15	0	1	34	Bgx15	130+	Third sprint!!
16	-2	5	39	Smx19	80/90	Easy pedalling!
17	-1	5	44	Bgx17	100	Go hard/work hard!
18	1	1	45	Bgx15	120+	Sprint all out!!!
19	-2	5	50	Smx17	80/90	Easy
20	-3	5	55	Small	free	Cool down
21	-4	5	60	Small	free	Cool down

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

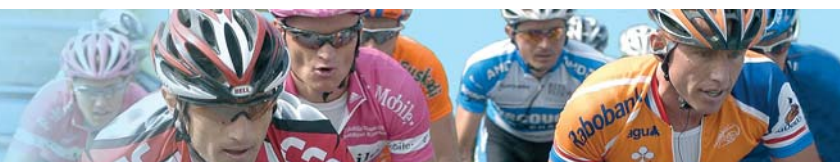
Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	-4	0:04:00	0:04:00	Small	90-95	Easy warm up, spinning!
2	3	0:04:00	0:08:00	Small	95	Extended warm up
3	-2	0:02:00	0:10:00	Small	100	Extended warm up
4	0	0:00:20	0:10:20	Bgx17	120+	
5	-2	0:00:20	0:10:40	Bgx17	90	
6	0	0:00:20	0:11:00	Bgx17	120+	
7	-1	0:00:20	0:11:20	Bgx17	90	
8	1	0:00:20	0:11:40	Bgx17	120+	
9	0	0:00:20	0:12:00	Bgx17	90	
10	-1	0:00:20	0:12:20	Bgx17	120+	
11	1	0:00:20	0:12:40	Bgx17	90	
12	-1	0:00:20	0:13:00	Bgx17	120+	easy!
13	1	0:00:20	0:13:20	Bgx17	90	
14	0	0:00:20	0:13:40	Bgx17	120+	
15	-1	0:00:20	0:14:00	Bgx17	90	
16	2	0:00:20	0:14:20	Bgx17	120+	
17	1	0:00:20	0:14:40	Bgx17	90	
18	0	0:00:20	0:15:00	Bgx17	120+	
19	-1	0:00:20	0:15:20	Bgx17	90	
20	-2	0:05:00	0:20:20	Smx19	80/90	easy!
21	-1	0:05:00	0:25:20	Smx17	80/90	
22	-2	0:05:00	0:30:20	Bgx19	80/90	
23	-1	0:05:00	0:35:20	Smx19	80/90	
24	0	0:00:15	0:35:35	Bgx17	120+	
25	-2	0:00:45	0:36:20	Bgx17	90	
26	0	0:00:15	0:36:35	Bgx17	120+	
27	-2	0:00:45	0:37:20	Bgx17	90	
28	0	0:00:15	0:37:35	Bgx17	120+	
29	-2	0:00:45	0:38:20	Bgx17	90	
30	0	0:00:15	0:38:35	Bgx17	120+	
31	-2	0:00:45	0:39:20	Bgx17	90	
32	0	0:00:15	0:39:35	Bgx17	120+	
33	-2	0:00:45	0:40:20	Bgx17	90	
34	0	0:00:15	0:40:35	Bgx17	120+	
35	-2	0:00:45	0:41:20	Bgx17	90	
36	0	0:00:15	0:41:35	Bgx17	120+	
37	-2	0:00:45	0:42:20	Bgx17	90	
38	0	0:00:15	0:42:35	Bgx17	120+	
39	2	0:00:45	0:43:20	Bgx17	90	
40	1	0:10:00	0:53:20	Smx19	80/90	easy!
41	0	0:05:00	0:58:20	Smx19	80/90	easy!
42	-1	0:05:00	1:03:20	Smx19	80/90	
43	-2	0:05:00	1:08:20	Bgx17	80/90	
44	-3	0:05:00	1:13:20	Small	free	Cool down
45	-4	0:05:00	1:18:20	Small	free	Cool down

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	Distance	Cum-Dist	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	1000	5000	Small	100	Extended warm up
4	-1	500	5500	Smx17	100	First set of 5 sprints
5	-2	500	6000	Smx17	90/100	
6	0	500	6500	Bgx17	110+	
7	-2	500	7000	Smx17	90/100	
8	1	500	7500	Bgx17	110+	
9	-2	500	8000	Smx17	90/100	
10	0	500	8500	Bgx17	110+	
11	-2	500	9000	Smx17	90/100	
12	0	500	9500	Bgx17	110+	
13	-1	500	10000	Smx17	90/100	
14	-2	3000	13000	Smx21	80/90	Easy.
15	1	100	13100	Bgx15	110+	Second set of 10 sprints
16	-2	100	13200	Smx19	90/100	
17	0	100	13300	Bgx19	110+	
18	-2	100	13400	Smx19	90/100	
19	1	100	13500	Bgx15	110+	
20	-2	100	13600	Smx19	90/100	
21	0	100	13700	Bgx15	110+	
22	-2	100	13800	Smx19	90/100	
23	1	100	13900	Bgx15	110+	
24	-2	100	14000	Smx15	90/100	
25	0	100	14100	Bgx15	110+	
26	-2	100	14200	Smx19	90/100	
27	1	100	14300	Bgx17	110+	
28	-2	100	14400	Smx19	90/100	
29	1	100	14500	Bgx19	110+	
30	-2	100	14600	Smx19	90/100	
31	2	100	14700	Bgx15	110+	
32	-2	100	14800	Smx19	90/100	
33	2	100	14900	Bgx17	110+	
34	-4	3000	17900	Smx21	80/90	Easy.
35	-2	200	18100	Bgx17	Maximaal	Start easy but increase speed and rpm gradually untill max!
36	-4	500	18600	Smx19	80/90	
37	2	200	18800	Bgx15	Maximaal	Start easy but increase speed and rpm gradually untill max!
38	-4	500	19300	Smx19	80/90	
39	2	200	19500	Bgx15	Maximaal	Start easy but increase speed and rpm gradually untill max!
40	-2	500	20000	Smx19	80/90	
41	2	200	20200	Bgx17	Maximaal	Start easy but increase speed and rpm gradually untill max!
42	-2	500	20700	Smx19	80/90	
43	2	200	20900	Bgx15	Maximaal	Start easy but increase speed and rpm gradually untill max!
44	-2	500	21400	Smx19	80/90	

45	2	200	21600	Bgx15	Maximaal	Start easy but increase speed and rpm gradually untill max!
46	-2	500	22100	Smx19	80/90	
47	-3	2000	24100	Small	free	Cool down
48	-4	2000	26100	Small	free	Cool down

Bg = Big ring in front

Sm = small ring in front

* Spin Ups: Increase rpm gradually untill maximum.

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




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	4	12	Small	100	Extended warm up
4	-1	4	16	Bgx17		4 times 15" all out sprint and 45" rest
5	-2	5	21	Smx19	80	
6	1	5	26	Smx21	90	
7	-2	5	31	Bgx15	80	
8	0	6	37	Bgx17		6 times 15" all out sprint and 45" rest
9	-1	3	40	Smx23	100+	
10	-2	5	45	Bgx19	90/95	
11	1	5	50	Bgx17		5 times 20" all out sprint and 40" rest
12	-3	5	55	Small	free	Cool down
13	-4	5	60	Small	free	Cool down

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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	Cum-Time	Gear	rpm	Details
1	-4	2500	2500	Small	90-95	Easy warm up, spinning!
2	-3	2500	5000	Small	95	Extended warm up
3	-2	2500	7500	Small	100	Extended warm up
4	-1	500	8000	42x17	90	
5	0	500	8500	52x15		ride at 40 - 42 km/h
6	1	200	8700	52x13		increase speed for the first 100 m and sprint the second 100m (stay seated).
7	-2	3000	11700	42x17	90/100	
8	-1	500	12200	42x17	90	
9	2	500	12700	52x15		ride at 40 - 42 km/h
10	3	200	12900	52x13		increase speed for the first 100 m and sprint the second 100m (stay seated).
11	-2	3000	15900	42x17	90/100	
12	-1	500	16400	42x17	90	
13	1	500	16900	52x15		ride at 40 - 42 km/h
14	2	200	17100	52x13		increase speed for the first 100 m and sprint the second 100m (stay seated).
15	-2	3000	20100	42x17	90/100	
16	-1	500	20600	42x17	90	
17	2	500	21100	52x15		ride at 40 - 42 km/h
18	3	300	21400	52x13		increase speed for the first 200 m and sprint the second 100m (stay seated).
19	-2	3000	24400	42x17	90/100	
20	-1	500	24900	42x17	90	
21	0	500	25400	52x15		ride at 40 - 42 km/h
22	2	400	25800	52x13		increase speed for the first 300 m and sprint the second 100m (stay seated).
23	-2	3000	28800	42x17	90/100	
24	-3	2500	31300	Small	Free	Cool down
25	-4	2500	33800	Small	Free	Cool down

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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



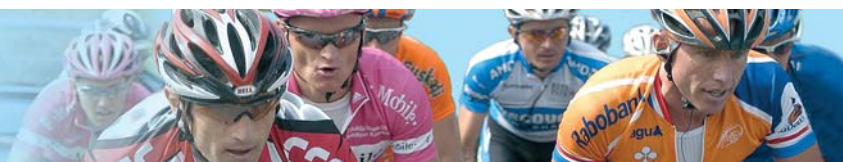

Route	Slope	Distance	Cum-Dist	Gear	rpm	Details
1	-4	2500	2500	Small	90-95	Easy warm up, spinning!
2	-3	2500	5000	Small	95	Extended warm up
3	-2	2500	7500	Small	100	Extended warm up
4	-1	500	8000	Smx17	90	
5	0	500	8500	Bgx15		ride at 40 - 42 km/h
6	1	200	8700	Bgx14		increase speed for the first 100 m and sprint the second 100m (stay seated).
7	-2	3000	11700	Smx17	90/100	
8	-1	500	12200	Smx19	90	
9	1	500	12700	Bgx15		ride at 40 - 42 km/h
10	2	200	12900	Smx15		increase speed for the first 100 m and sprint the second 100m (stay seated).
11	-2	3000	15900	Smx17	90/100	
12	-1	500	16400	Smx19	90	
13	0	500	16900	Bgx15		ride at 40 - 42 km/h
14	2	200	17100	Bgx14		increase speed for the first 100 m and sprint the second 100m (stay seated).
15	-2	3000	20100	Smx17	90/100	
16	-1	500	20600	Smx19	90	
17	1	500	21100	Bgx15		ride at 40 - 42 km/h
18	2	300	21400	Bgx13		increase speed for the first 200 m and sprint the second 100m (stay seated).
19	-2	3000	24400	Smx17	90/100	
20	-1	500	24900	Smx19	90	
21	0	500	25400	Bgx17		ride at 40 - 42 km/h
22	1	400	25800	Bgx15		increase speed for the first 300 m and sprint the second 100m (stay seated).
23	-2	3000	28800	Smx19	90/100	
24	-3	2500	31300	Small	Free	Cool down
25	-4	2500	33800	Small	Free	Cool down

Bg = Big ring in front

Sm = small ring in front

* Spin Ups: Increase rpm gradually until maximum.

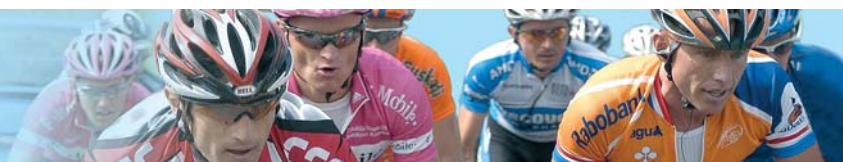
** ILS: Isolated Leg Spin. Put other leg/foot on the back of the trainer or on a chair

Route	Slope	Distance	Cum-Dist	Gear	rpm	Details
1	-4	3000	3000	Free	Free	Warm up, shift to bigger gear gradually!
2	-2	2000	5000	Bgx15	> 90	Speed up a little
3	-1	1000	6000	Bgx13	> 90	Ride hard!!!
4	-2	500	6500	Smx19	100/110	Easy spinning
5	0	200	6700	Bgx14-13	> 95	Ride hard for 100 m and speed up for the next 100 m
6	-2	2000	8700	Smx19	100	Easy spinning
7	1	400	9100	Bgx14-13	> 95	Ride hard for 200 m and speed up for the next 200 m
8	-2	2000	11100	Smx19	100	Easy spinning
9	2	200	11300	Bgx14-13	> 95	Ride hard for 100 m and speed up for the next 100 m
10	-2	2000	13300	Smx19	100	Easy spinning
11	1	1000	14300	Bgx16-15	> 90	Hands in the drops, ride hard
12	-1	2000	16300	Bgx14-13	> 90	Hands on top, keep pace!
13	-2	2000	18300	Smx19	> 90	Easy spinning
14	-3	3000	21300	Free	Free	Cool down

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Distance	Cum-Dist	Gear	rpm	Details
1	-4	3000	3000	Free	Free	Warm up / loosen up, shift up gradually!
2	-3	2000	5000	Big ring	Free	Extened warm up
3	-2	2000	7000	Smx17	>100	Spin up - try to maintain 100rpm or over.
4	2	500	7500	Smx15	> 90	Increase speed/rpm gradually until max (over given distance)
5	-2	500	8000	Smx17	>90	Spin easy
6	1	700	8700	Smx16	> 90	Increase speed/rpm gradually until max (over given distance)
7	-2	700	9400	Smx17	>90	Spin easy
8	0	900	10300	Smx15	> 90	Increase speed/rpm gradually until max (over given distance)
9	-2	900	11200	Smx19	>90	Spin easy
10	0	1100	12300	Smx16	> 90	Increase speed/rpm gradually until max (over given distance)
11	-1	100	12400	Smx21	>90	Spin easy
12	-2	2000	14400	Big ring	Free	
13	-1	200	14600	Big ring	Free	Ride as fast as you can!!
15	-2	800	15400	Small ring	Free	Easy spin!
16	0	400	15800	Big ring	Free	Ride as fast as you can!!
17	-2	600	16400	Small ring	Free	Easy spin!
18	-1	600	17000	Big ring	Free	Ride as fast as you can!!
19	-2	400	17400	Small ring	Free	Easy spin!
20	-1	800	18200	Big ring	Free	Ride as fast as you can!!
21	-3	200	18400	Small ring	Free	Easy spin!
22	-4	4000	22400	Free	Free	Cool down

Bg = Big ring in front

Sm = small ring in front




Route	Slope	Distance	Cum-Dist	Gear	rpm	Details
1	-4	3000	3000	Free	Free	Warm up!
2	0	5000	8000	Free	Free	Endurance part! Keep steady pace and rpm!
3	-2	3000	11000	Free	Free	
4	0	2000	13000	Big ring	> 30	Keep constant speed
5	2	2000	15000	Small ring	> 32	Keep constant speed and rpm
6	4	1000	16000	Big ring	> 32	
7	-2	1000	17000	Small ring	Free	Easy spin!
8	2	1600	18600	Big ring	Hard!!	2 times (400 m hard and second 400 m all out!)
9	-2	1600	20200	Small ring	Free	Easy spin!
10	2	2400	22600	Big ring	Hard!!	4 times (300 m hard and second 300 m all out!)
11	-2	1000	23600	Small ring	Free	Easy spin!
12	2	2400	26000	Big ring	Hard!!	6 times (200 m hard and second 200 m all out!)
13	-2	1000	27000	Small ring	Free	Easy spin!
14	0	6000	33000	Free	Free	Endurance part! Keep steady pace and rpm!
15	3	2000	35000	Big ring	Free	Alternate 100 m hard and 100 m easy!!!
16	0	2000	37000	Free	Free	Easy spin
17	-2	3000	40000	Free	Free	Cool down

Bg = Big ring in front

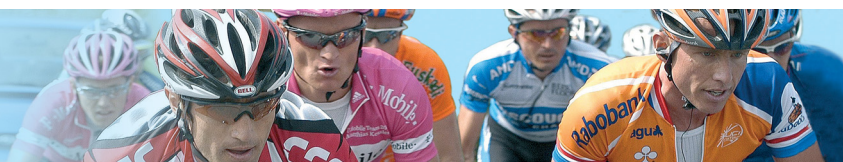
Sm = small ring in front




Route	Slope	Distance	Cum-Dist	Gear	rpm	Details
1	-4	3000	3000	Free	Free	Warm up, shift to bigger gear gradually!
2	-3	3000	6000	Smx17	> 90	Speed up a little
3	-1	2000	8000	Smx15	> 90	Ride hard, butt still comfortable!
4	-2	3000	11000	Smx17	90/95	Spin
5	0	800	11800	Bgx15-14	> 95	Alternate 100 hard and 100 easy (stay in the saddle)
6	-2	3000	14800	Smx19	90/100	Spin
7	0	800	15600	Bgx15-14	90/95	Alternate 100 hard and 100 easy (stay in the saddle)
8	-2	3000	18600	Smx17	90/100	Spin
9	0	1000	19600	Bgx15-14	> 95	Alternate 200 hard and 200 easy (stay in the saddle)
10	-2	3000	22600	Smx17	100	Easy spinning
11	-1	2000	24600	Bgx17	> 90	Hands in the drops, ride hard
12	1	2000	26600	Bgx15-14	> 90	Hands on top, keep pace!
13	-2	3000	29600	Smx19	> 90	Easy spinning
14	-4	3000	32600	Free	Free	Cool down

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Distance	Cum-Dist	Gear	RPM	Details
1	-4	10	10	Small	Free	Warm up / loosen up, shift up gradually!
2	-3	3	13	Small	Free	Spinn!!
3	-1	4	17	Smx17-16	> 95	Alternate 30" hard and 30" easy
4	-2	2	19	Smx19	> 90	
5	0	4	23		>90	3' in small gear and over 40 km/h and last minute over 45 km/h
6	-2	1	24	Smx19	> 90	
7	-1	4	28		>90	3' in small gear and over 40 km/h and last minute over 50 km/h
8	-2	2	30	Smx19	> 90	
9	0	4	34		>90	3' in small gear and over 40 km/h and last minute over 50 km/h
10	1	2	36	Smx19	> 90	
11	-1	4	40		>90	3' in small gear and over 40 km/h and last minute over 55 km/h
12	-2	5	45	Free	Free	Spinn easy/rest!
13	0	6	51	Smx17-16	> 95	Alternate 30" hard and 30" easy
14	-1	5	56	Free	Free	Spinn easy/rest!
15	-2	6	62	Smx17-16	> 95	Alternate 30" hard and 30" easy
16	-3	3	65	Small	Free	Cool down

Bg = Big ring in front

Sm = small ring in front

Tacx



Route	Slope	Distance	Cum-Dist	Gear	km/hour	Details
1	-4	3000	3000	Small	Free	Warm up!
2	-3	4000	7000	Small	Free	Endurance part! Keep steady pace and rpm!
3	-1	1000	8000	Small	Free	
4	-2	3000	11000	Big ring	> 30	Keep constant speed
5	0	2000	13000	Small ring	> 32	Keep constant speed and rpm
6	2	3000	16000	Big ring	> 32	
7	-2	1000	17000	Small ring	Free	Easy spin!
8	0	1600	18600	Big ring	Hard!!	2 times (400 m hard and second 400 m all out!)
9	-2	1000	19600	Small ring	Free	Easy spin!
10	0	2400	22000	Big ring	Hard!!	4 times (300 m hard and second 300 m all out!)
11	-2	1000	23000	Small ring	Free	Easy spin!
12	0	2400	25400	Big ring	Hard!!	6 times (200 m hard and second 200 m all out!)
13	-2	1000	26400	Small ring	Free	Easy spin!
14	-1	4000	30400	Free	Free	Endurance part! Keep steady pace and rpm!
15	1	2000	32400	Big ring	Free	Alternate 100 m hard and 100 m easy!!!
16	-2	1000	33400	Free	Free	Easy spin
17	-3	4000	37400	Free	Free	Cool down

Bg = Big ring in front

Sm = small ring in front