



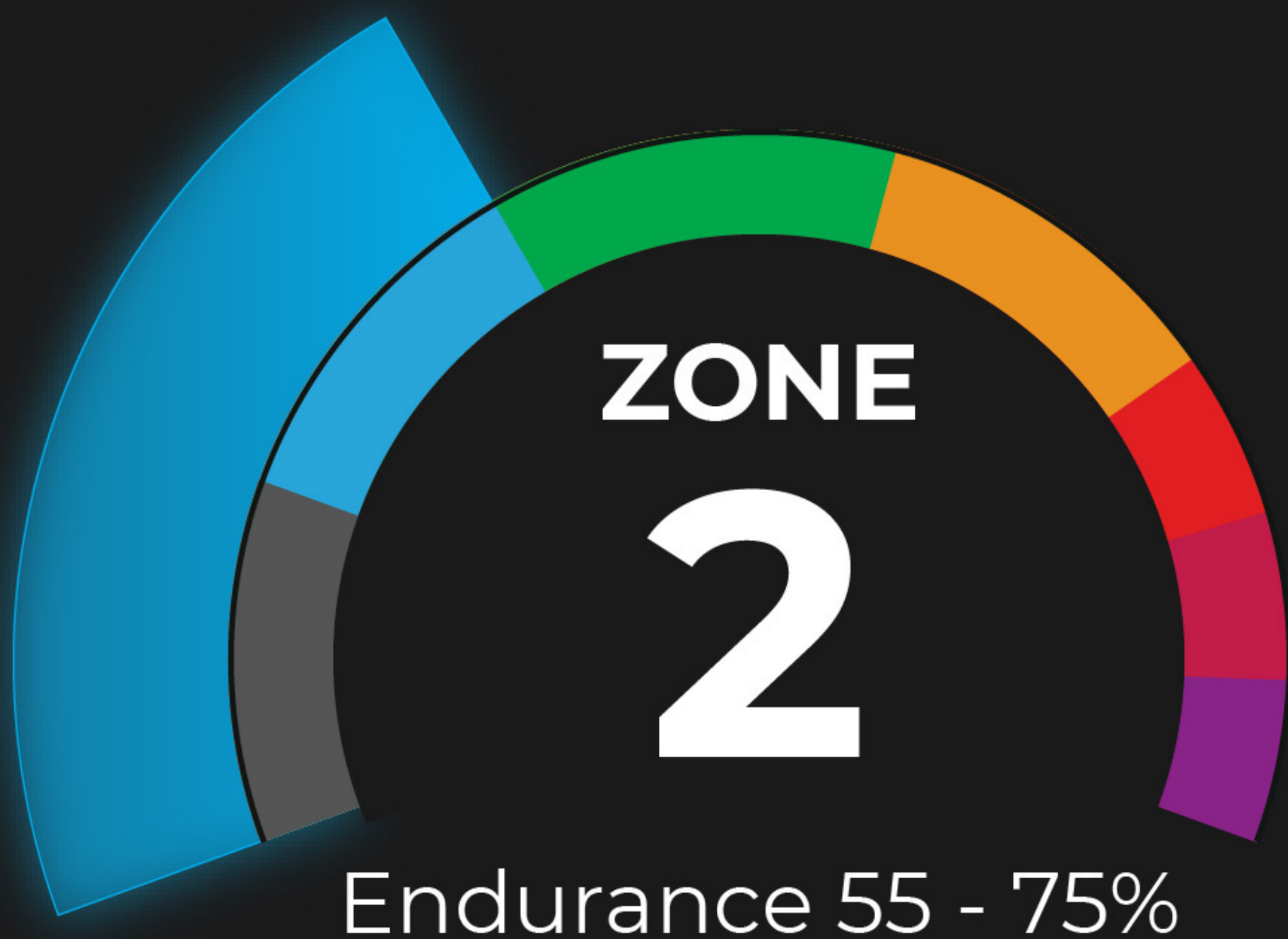
WARM UP

Time: 02:30

Zone: 1

Speed: 70-80

Gear: 6 - 10



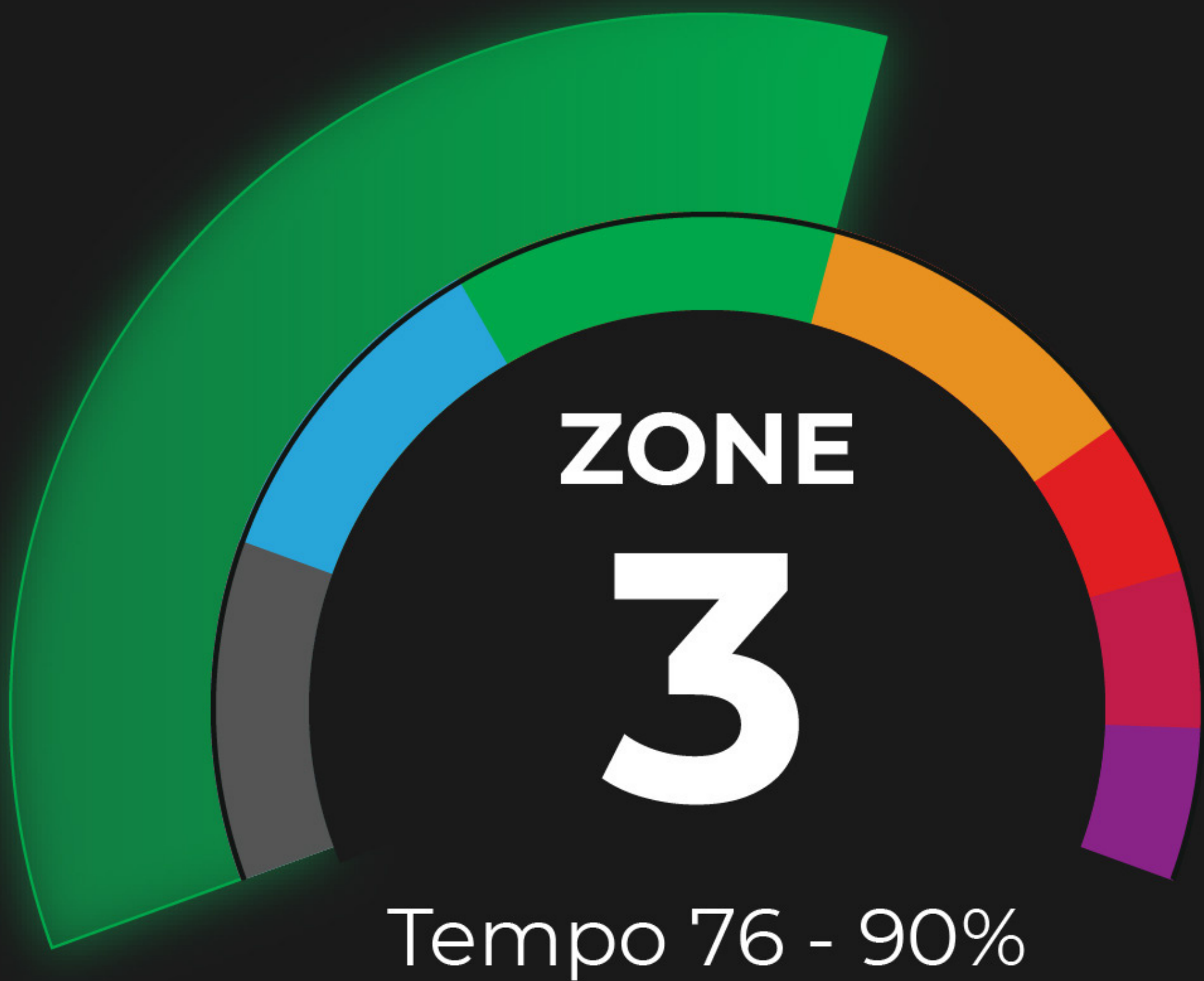
ZONE 2

Time: 01:30

Zone: 2

Speed: 80-90

Gear: 8 - 12



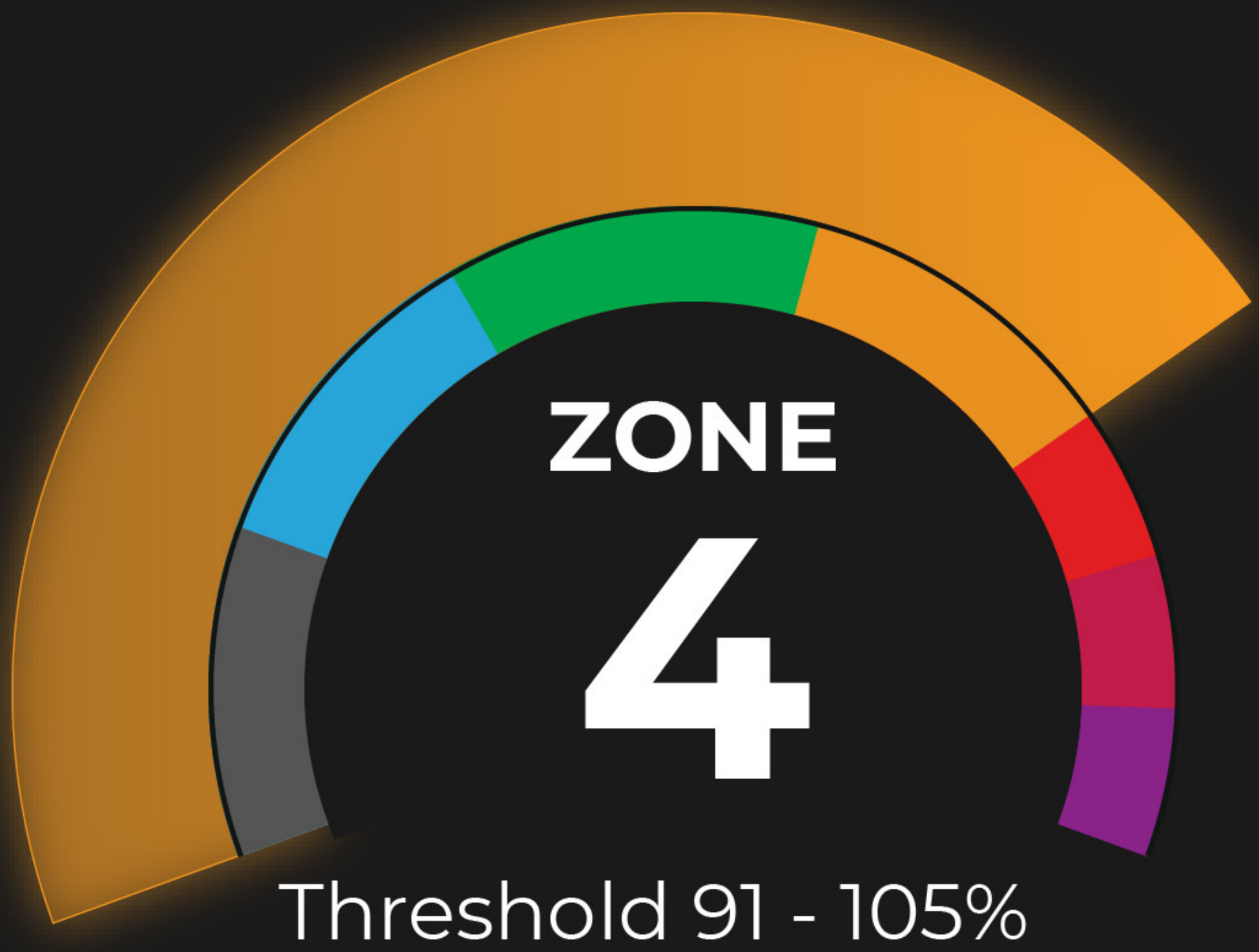
ZONE 3

Time: 03:00

Zone: 3

Speed: 90-100

Gear: 10-14



ZONE 4

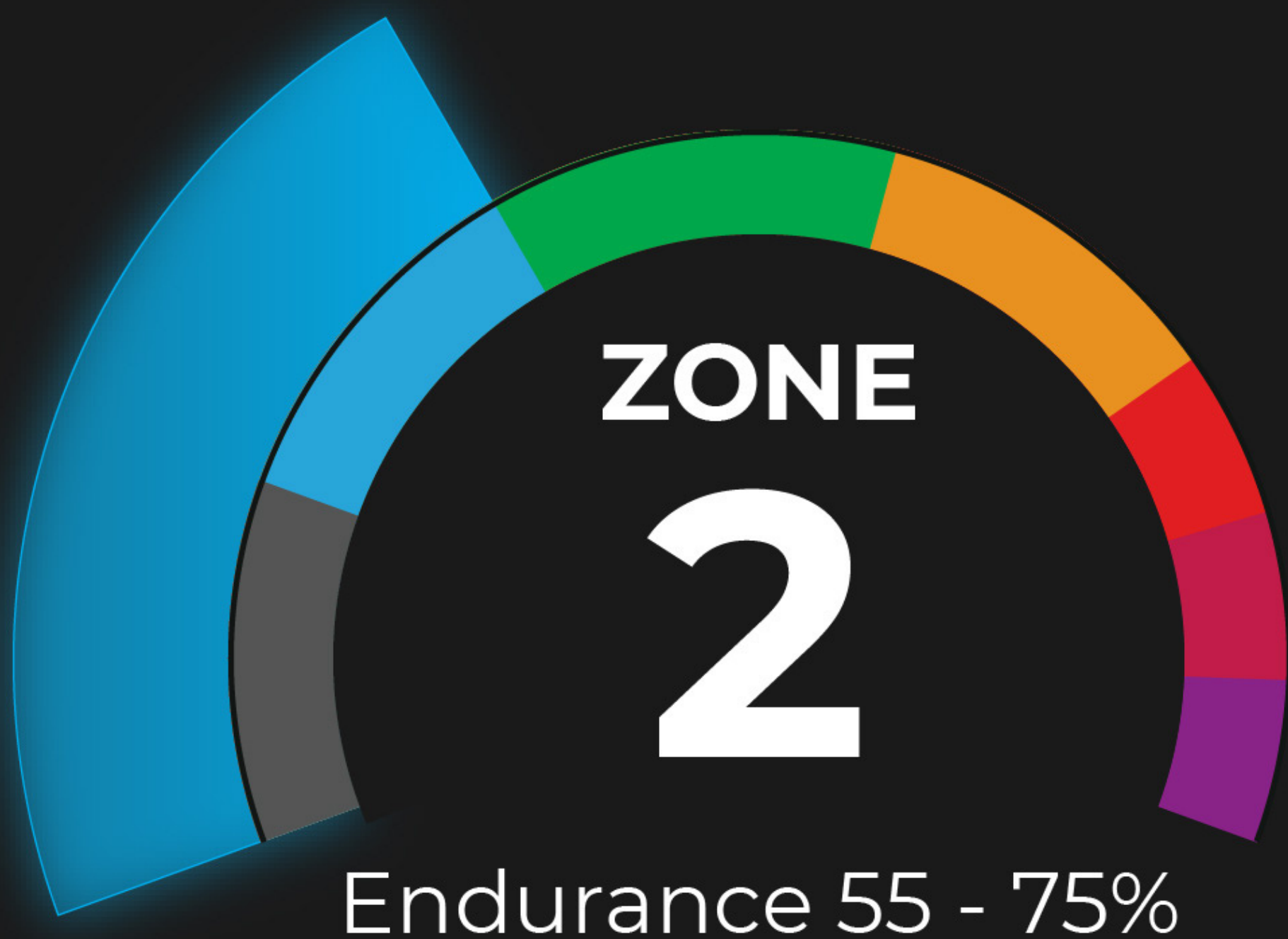
Time: 03:00

Zone: 4

Speed: 70

Gear: 14 - 18

10:00



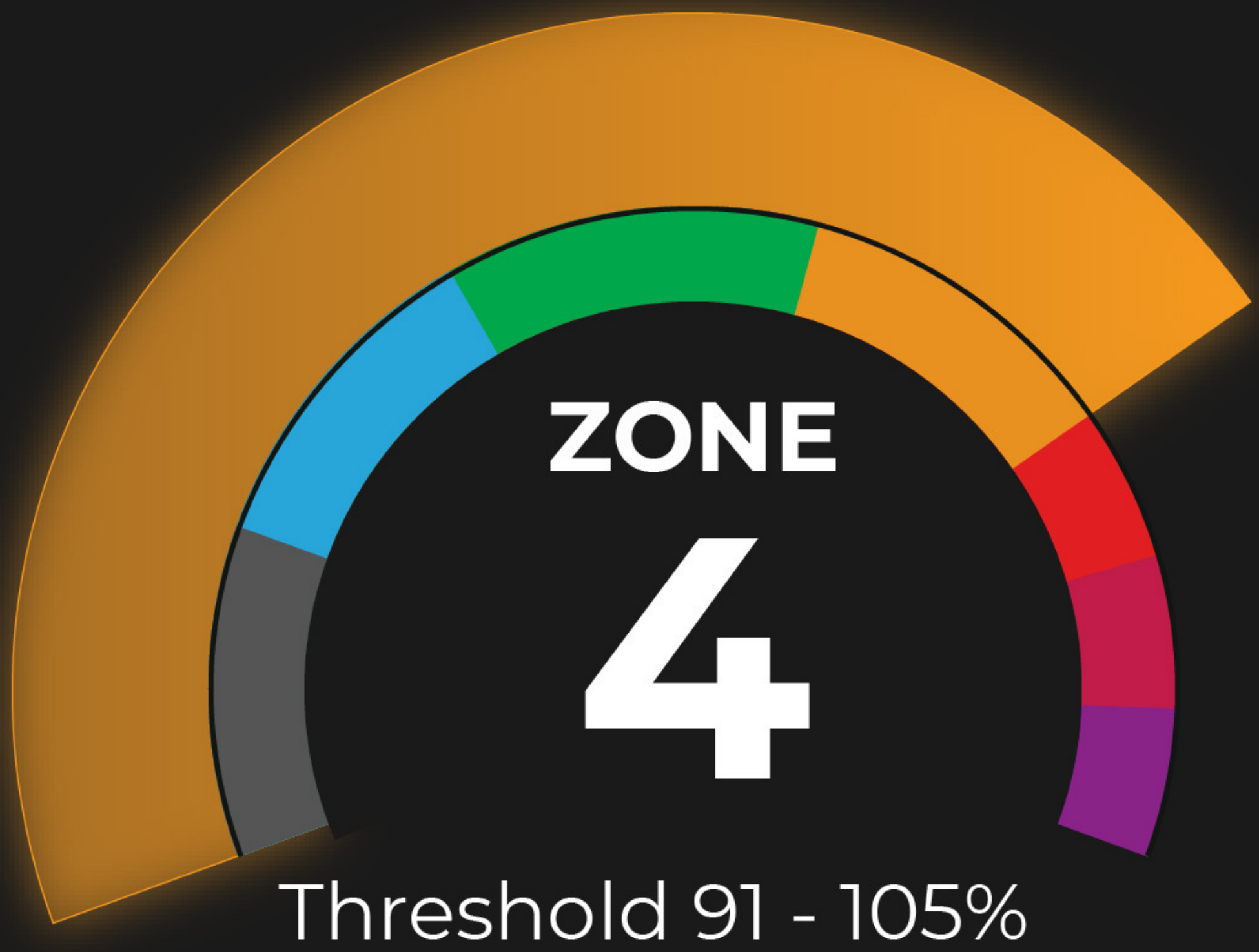
ZONE 2

Time: 01:30

Zone: 2

Speed: 80-100

Gear: 8 - 12



ZONE 4

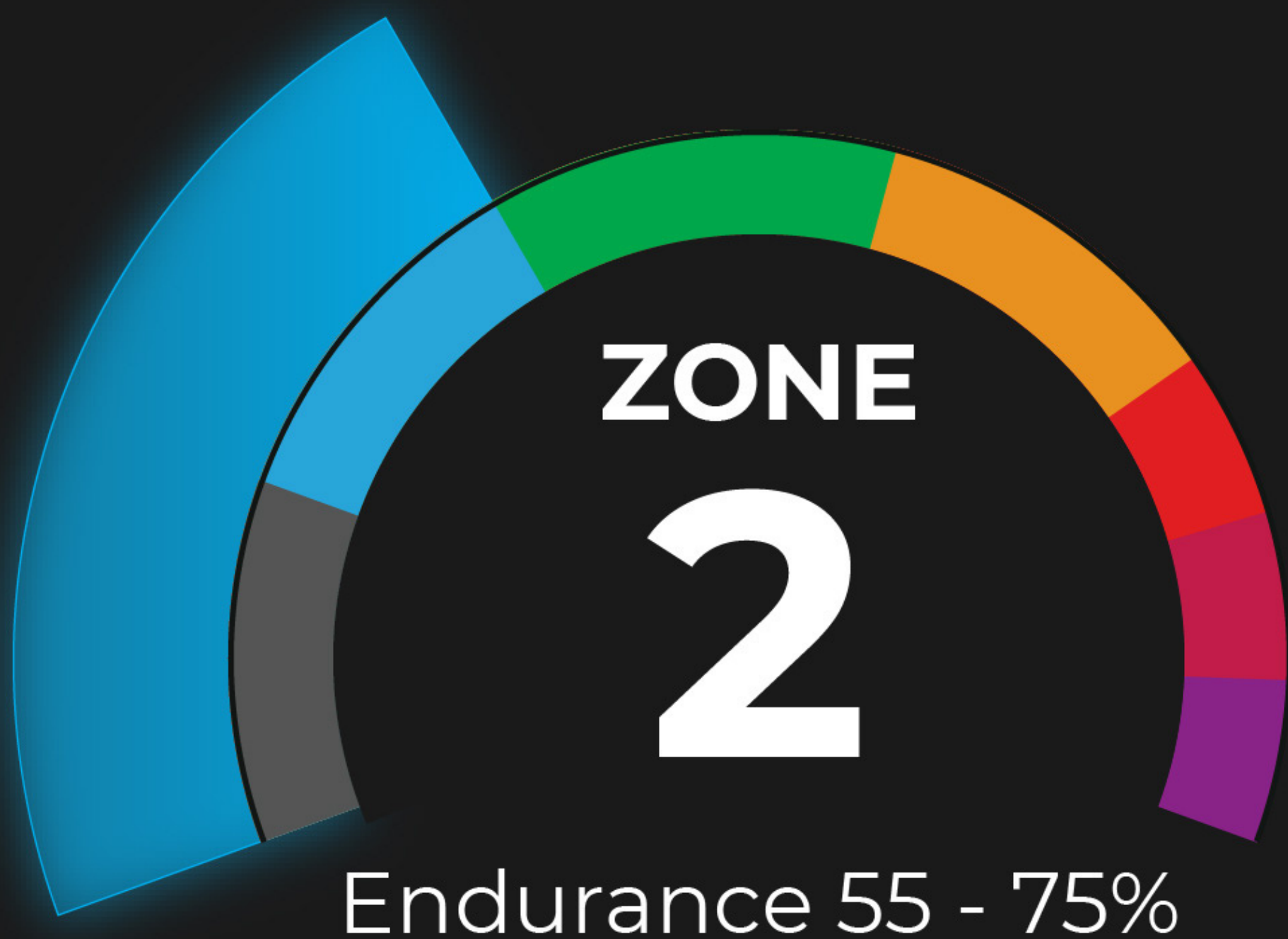
Time: 03:00

Zone: 4

Speed: 75

Gear: 14 - 18

14:30



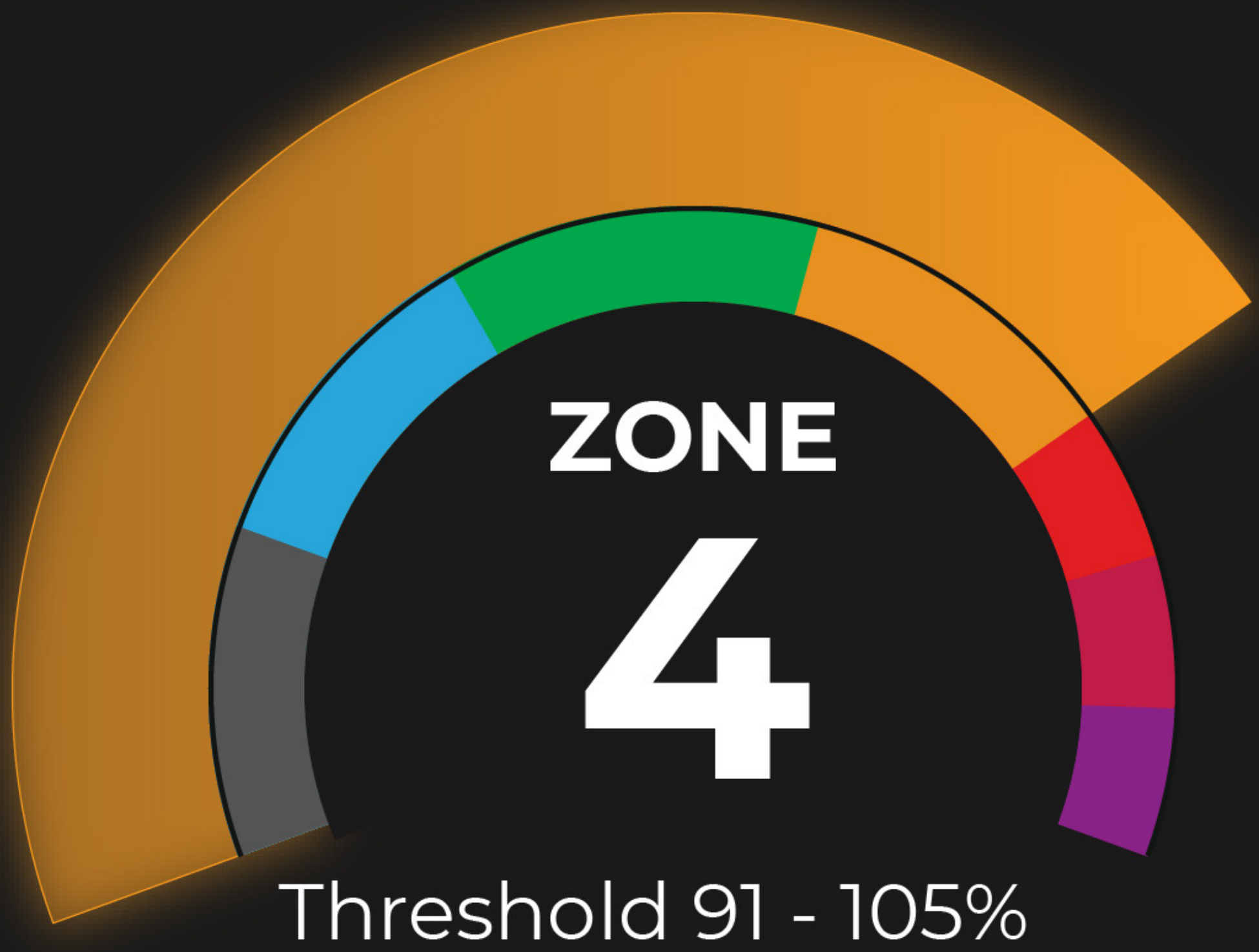
ZONE 2

Time: 01:30

Zone: 2

Speed: 80-100

Gear: 8 - 12



ZONE 4

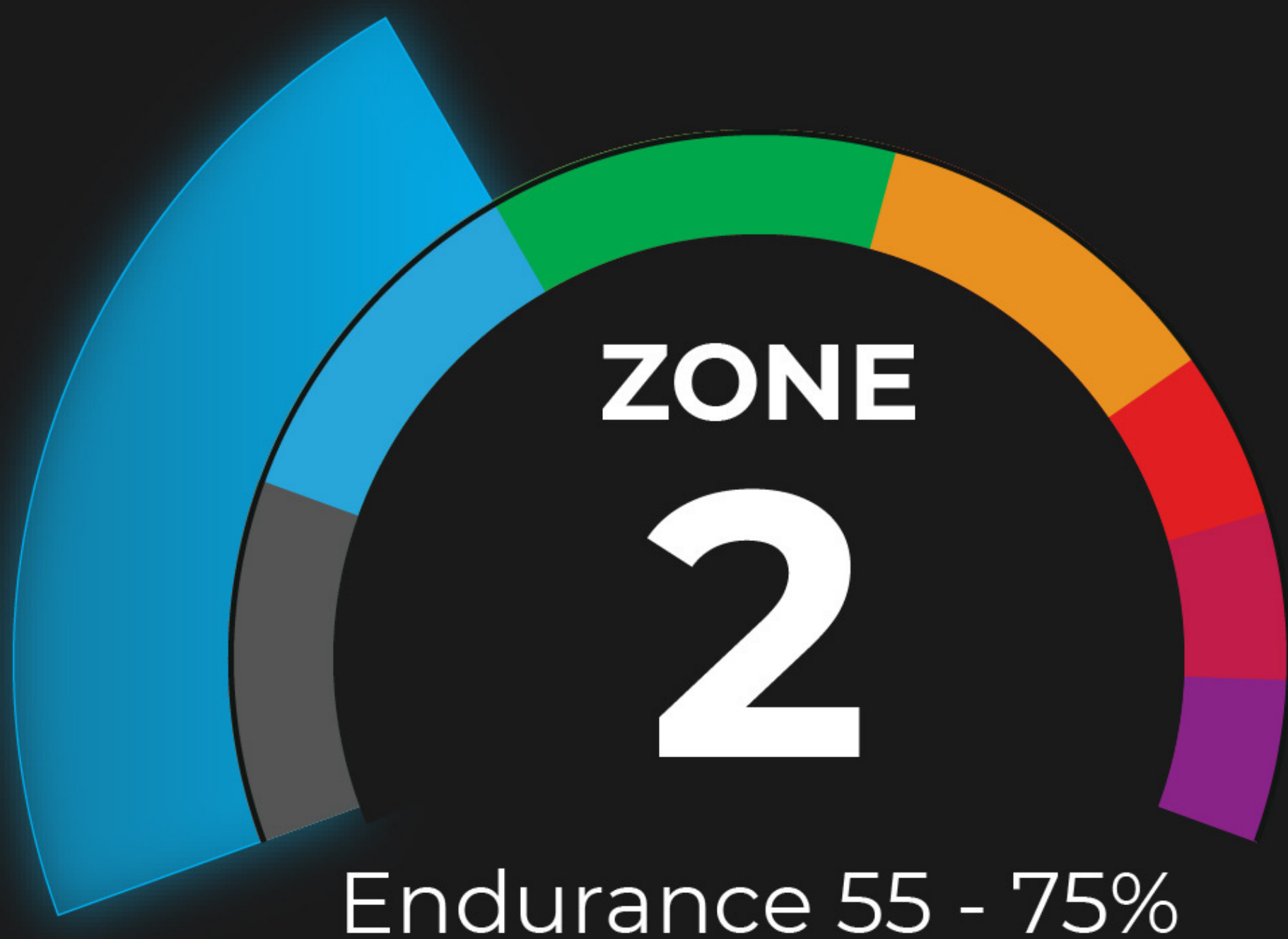
Time: 03:00

Zone: 4

Speed: 80

Gear: 14 - 18

19:00



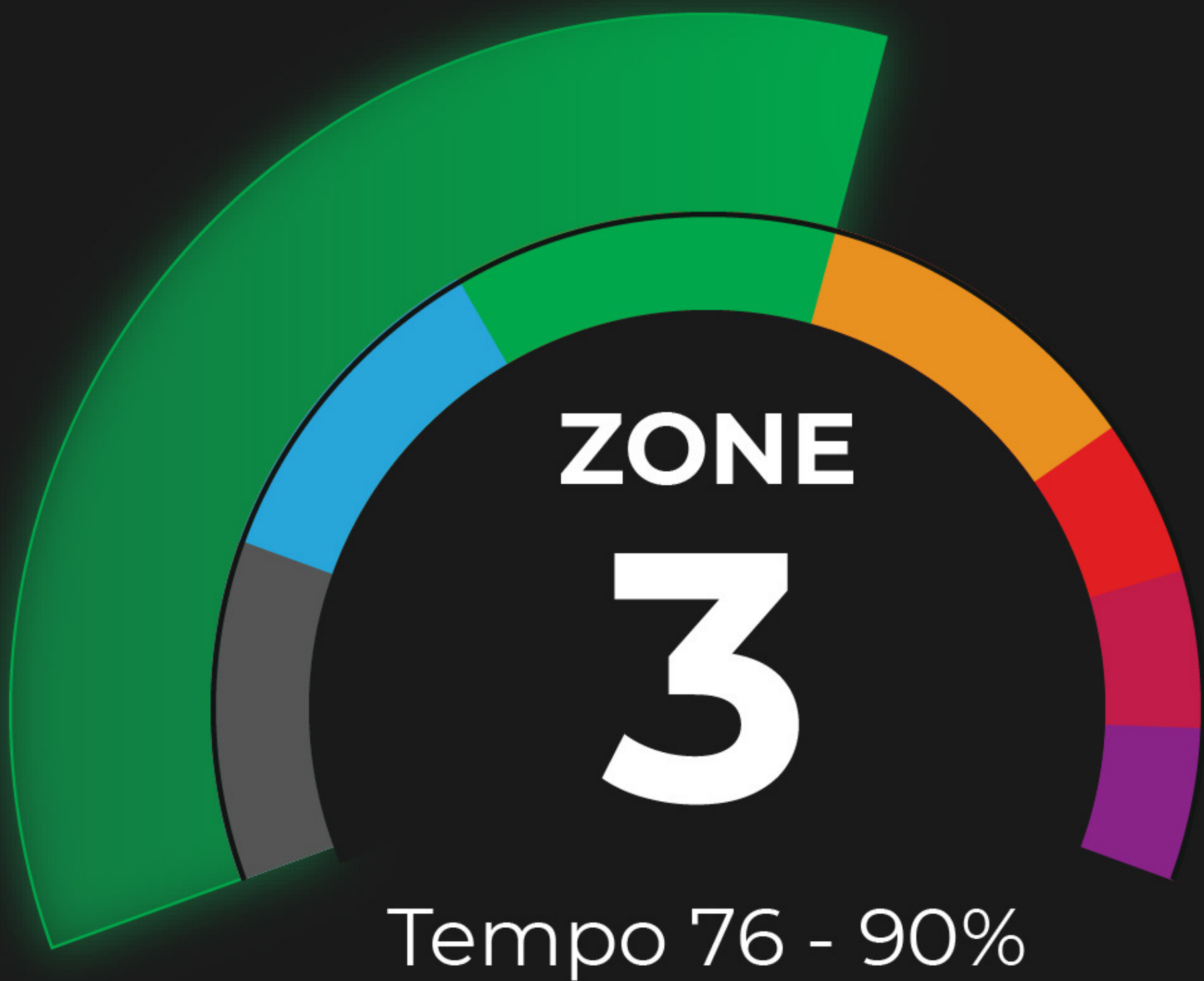
ZONE 2

Time: 01:30

Zone: 2

Speed: 80-100

Gear: 8 - 12



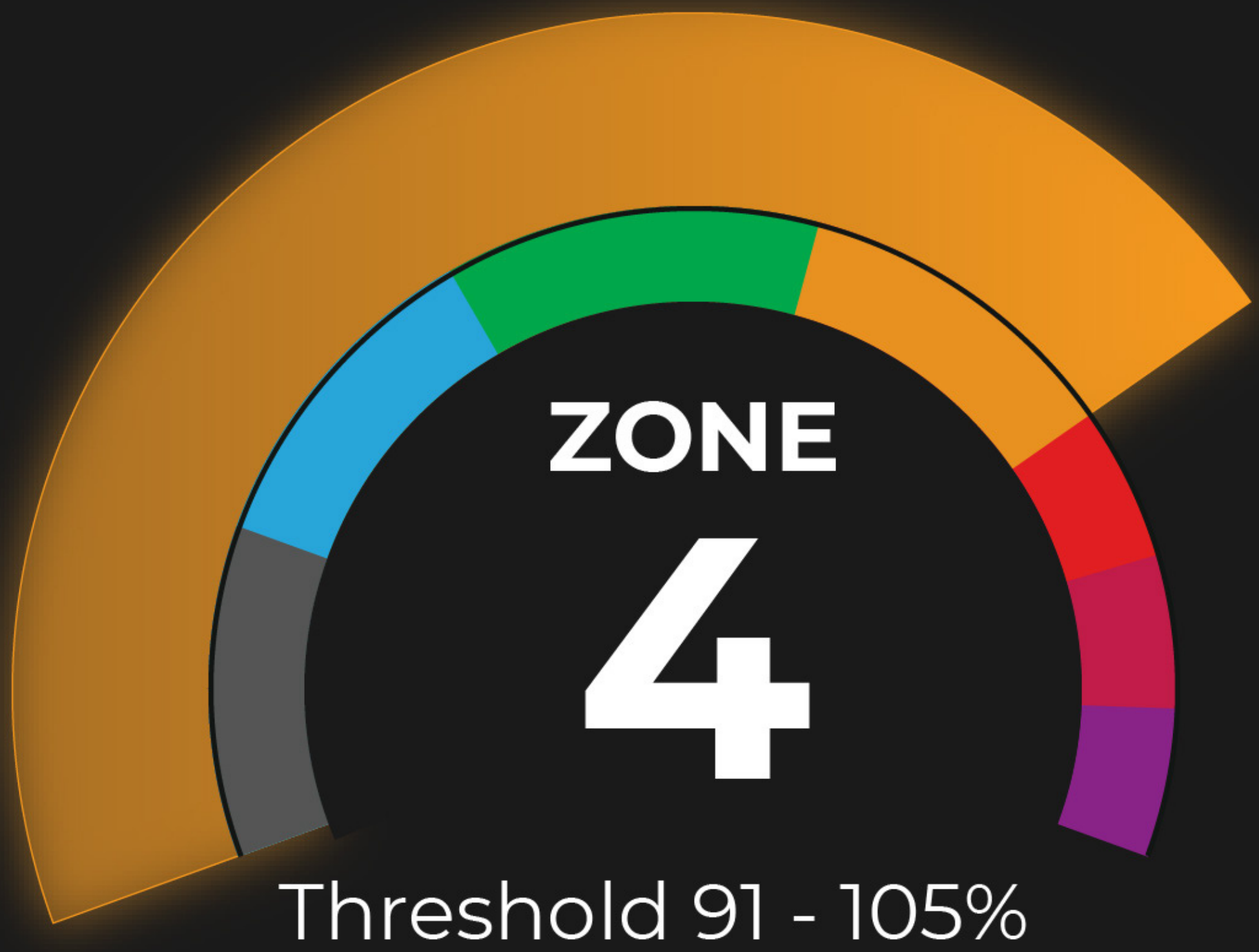
ZONE 3

Time: 03:00

Zone: 3

Speed: 100-110

Gear: 10-14



ZONE 4

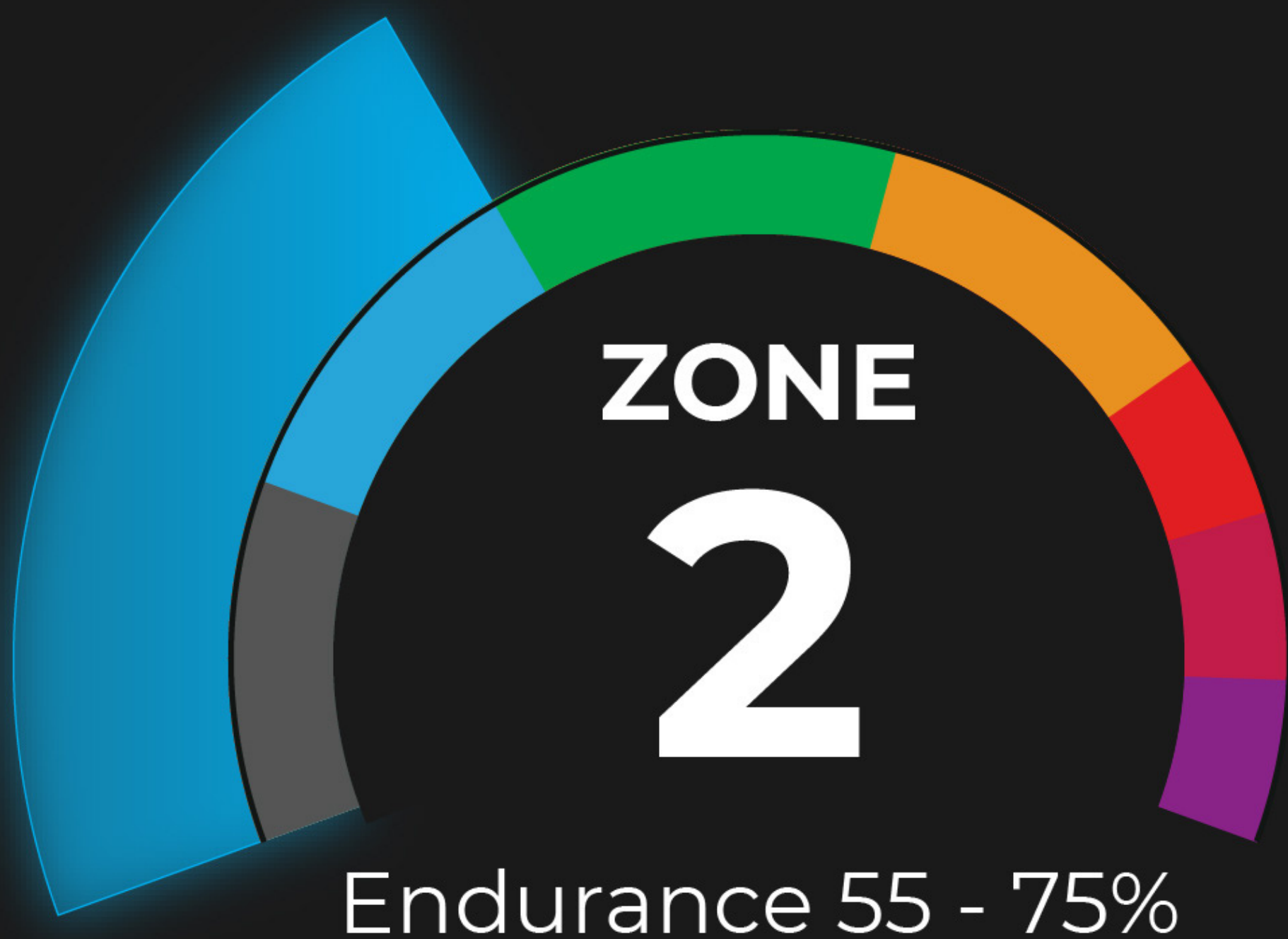
Time: 03:00

Zone: 4

Speed: 75

Gear: 14 - 18

26:30



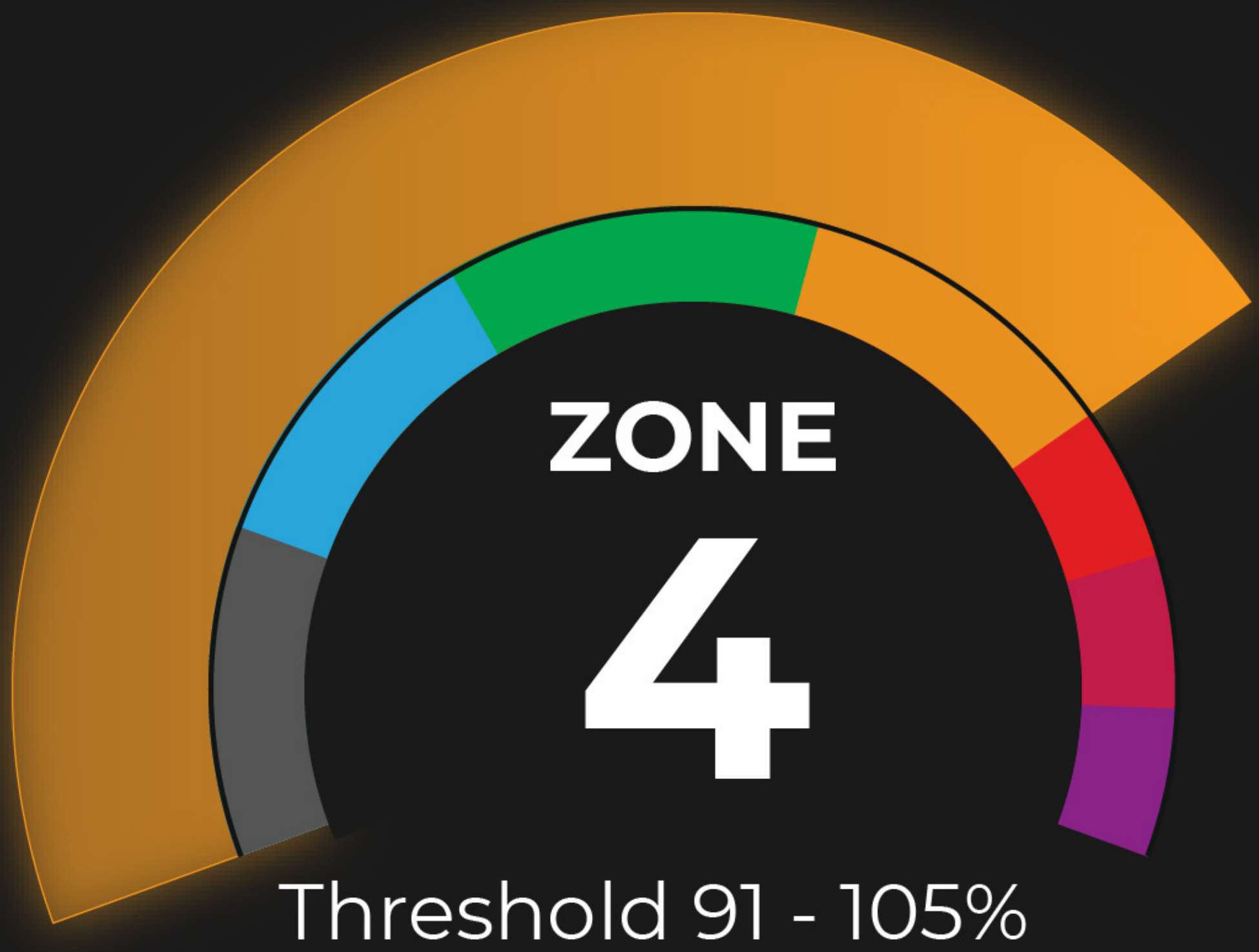
ZONE 2

Time: 01:30

Zone: 2

Speed: 80-100

Gear: 8 - 12



ZONE 4

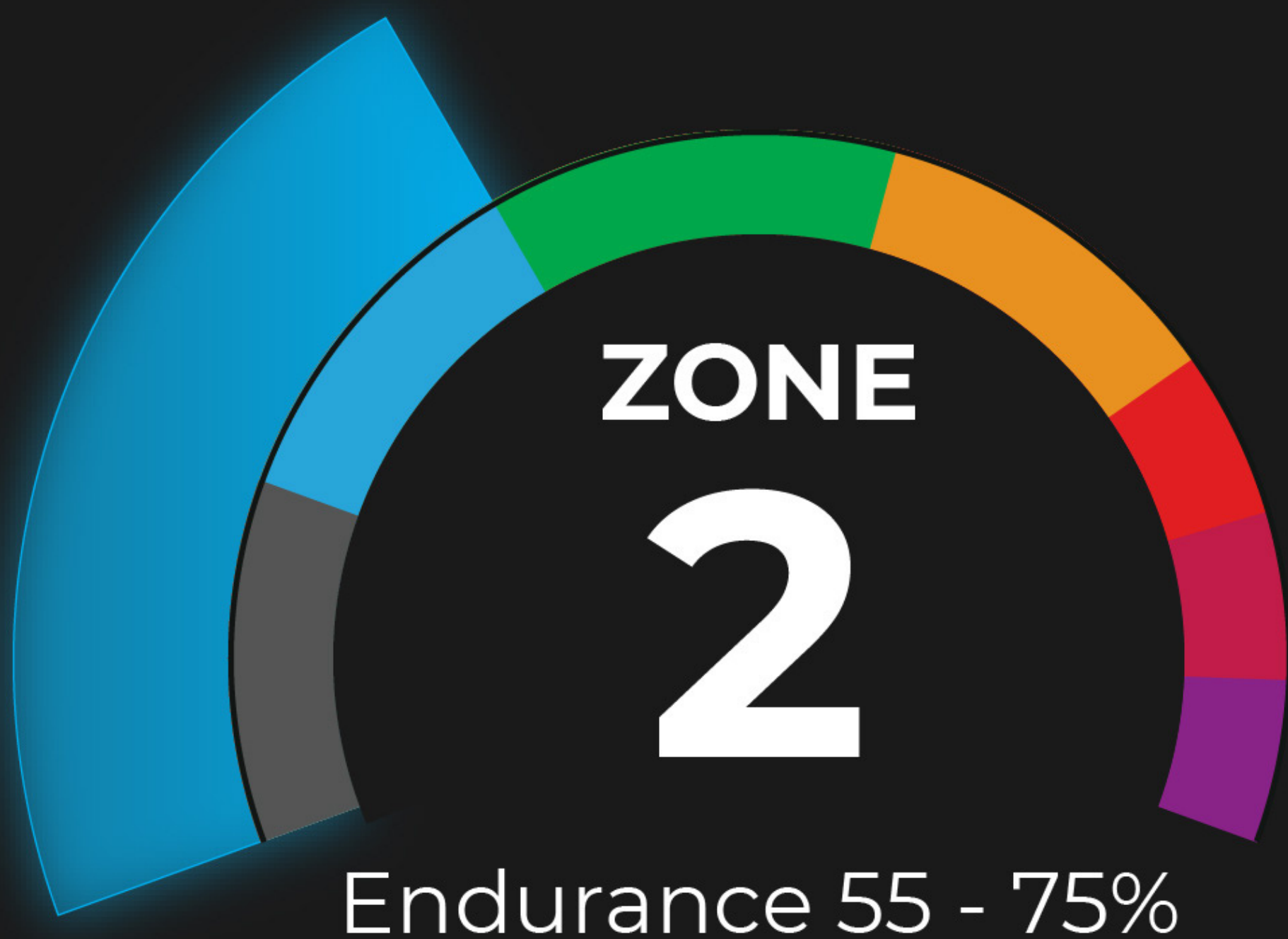
Time: 03:00

Zone: 4

Speed: 80

Gear: 14 - 18

31:00



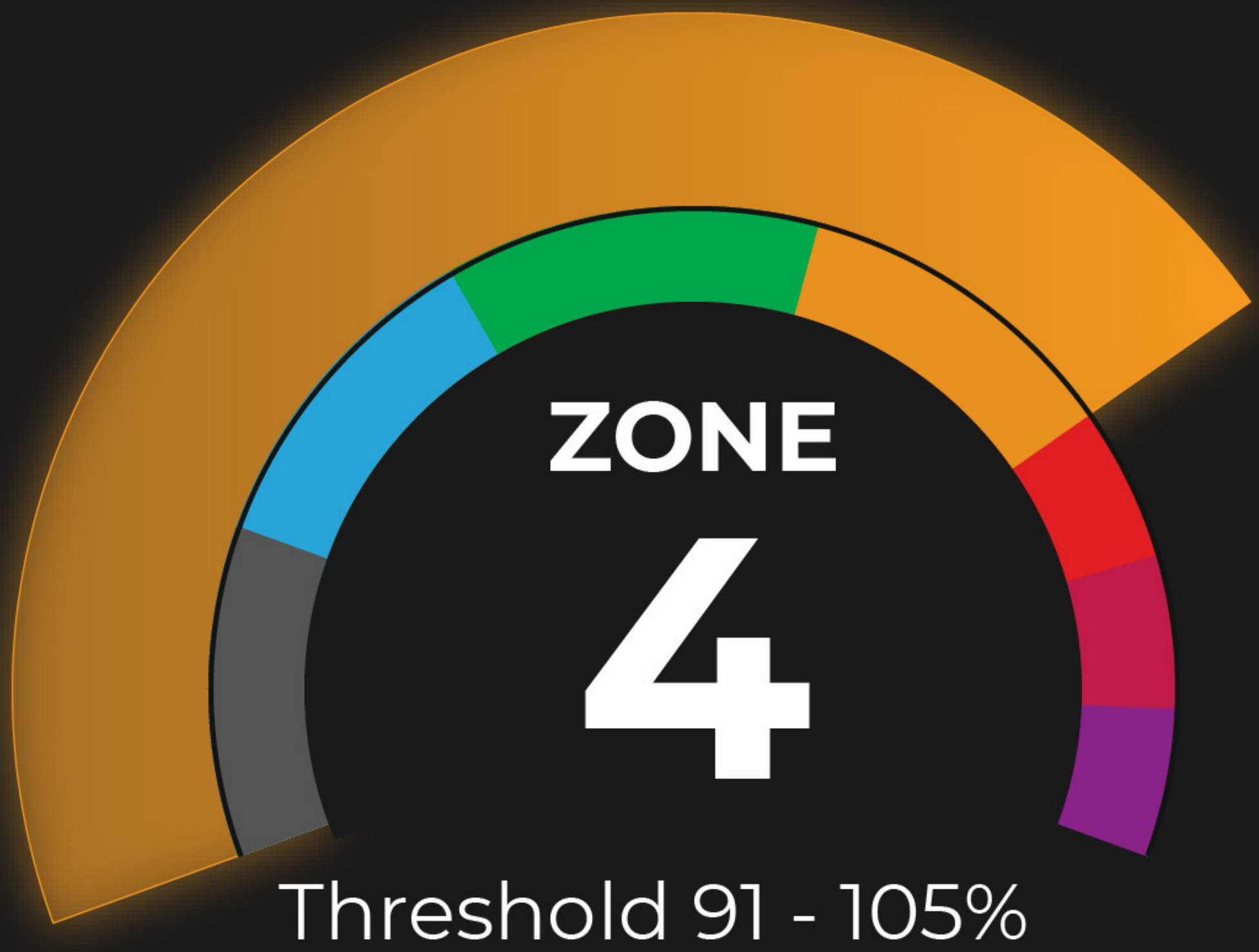
ZONE 2

Time: 01:30

Zone: 2

Speed: 80-100

Gear: 8 - 12



ZONE 4

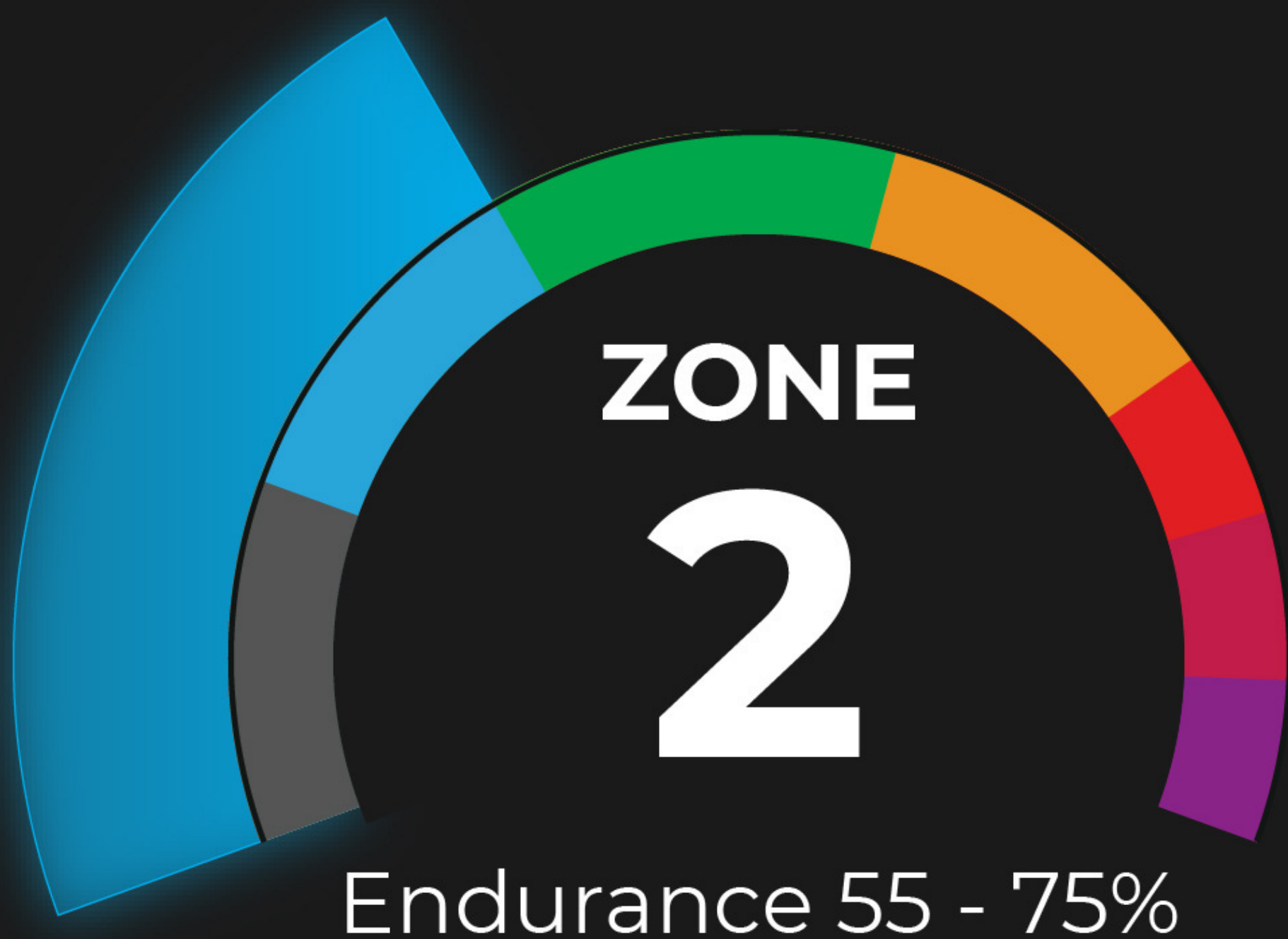
Time: 03:00

Zone: 4

Speed: 85

Gear: 14 - 18

35:30



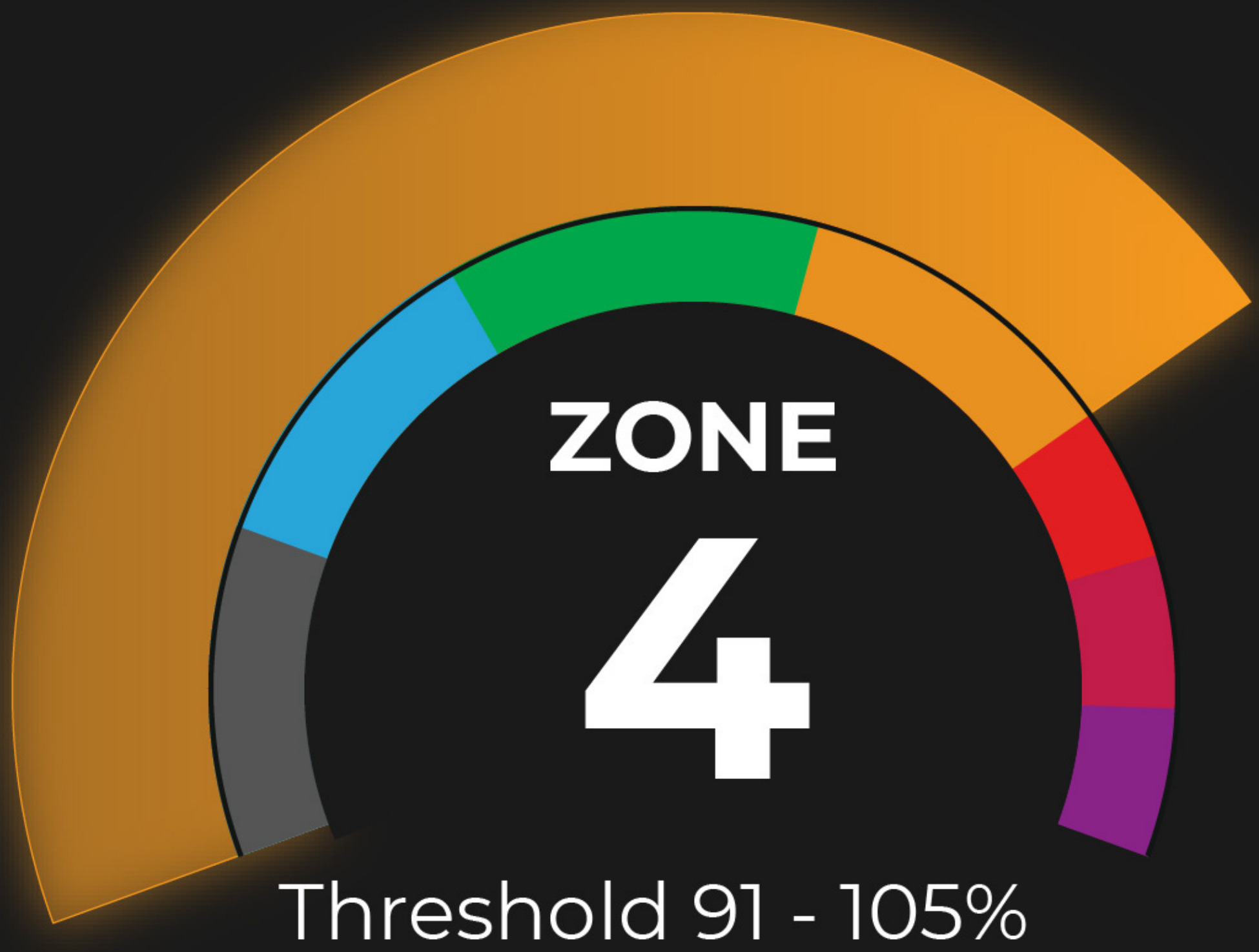
ZONE 2

Time: 01:30

Zone: 2

Speed: 80-100

Gear: 8 - 12



ZONE 4

Time: 03:00

Zone: 4

Speed: 90

Gear: 14 - 18

40:00



RECOVERY

Time: 02:30

Zone: 1

Speed: 70-80

Gear: 6 - 10