



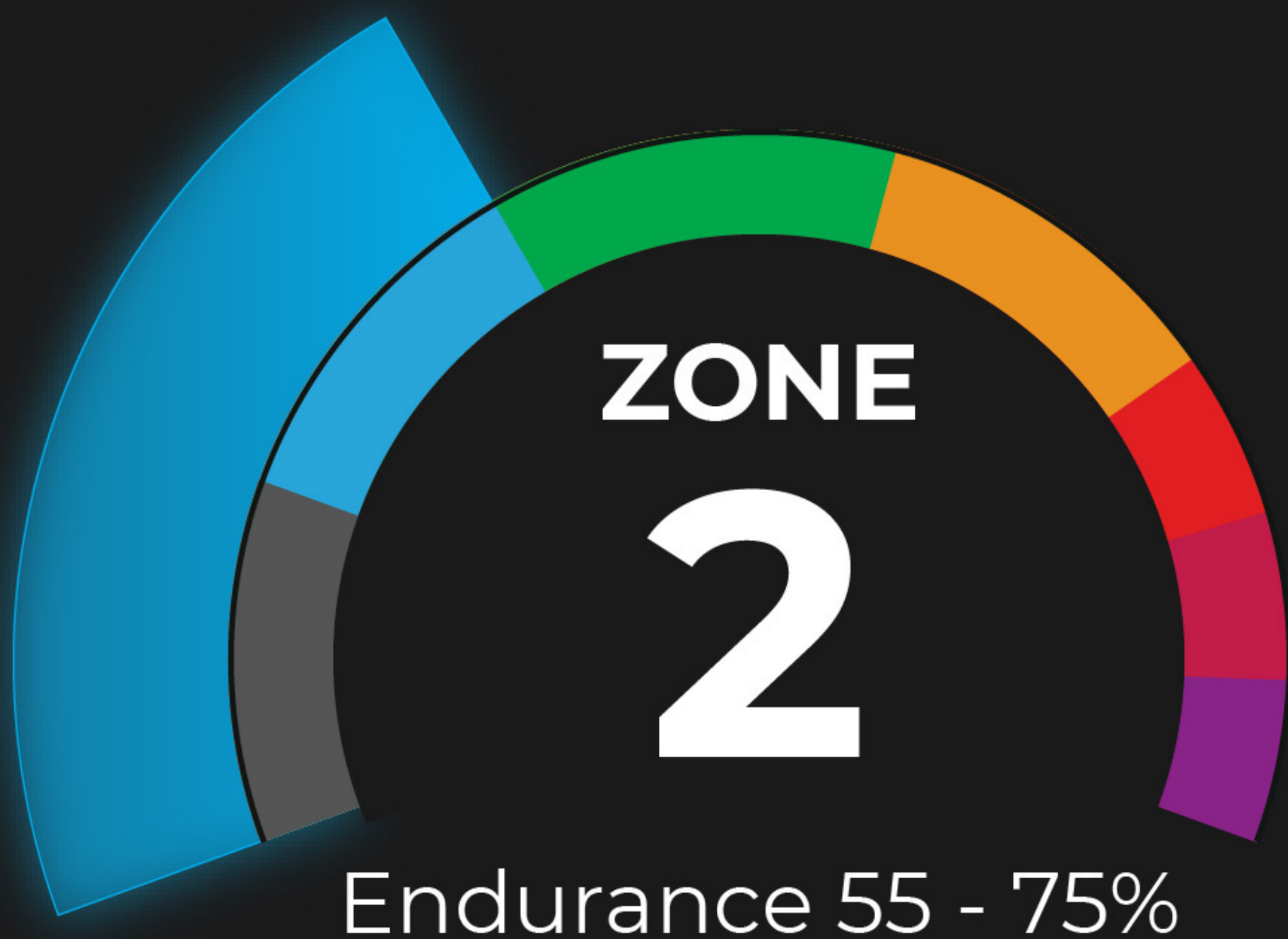
WARM UP

Time: 02:00

Zone: 1

Speed: 65-70

Gear: 6 - 10



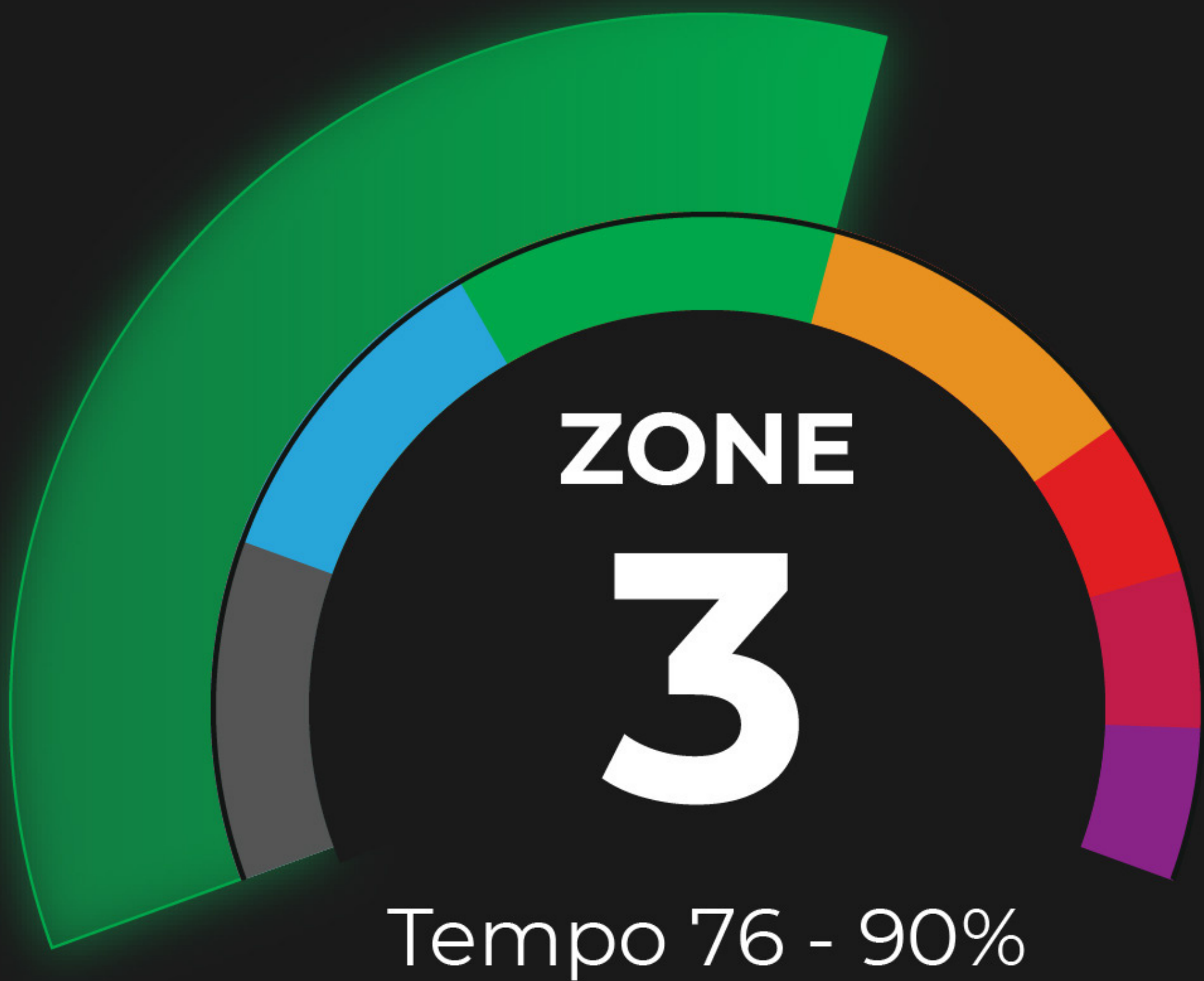
ZONE 2

Time: 02:30

Zone: 2

Speed: 70-75

Gear: 8 - 12



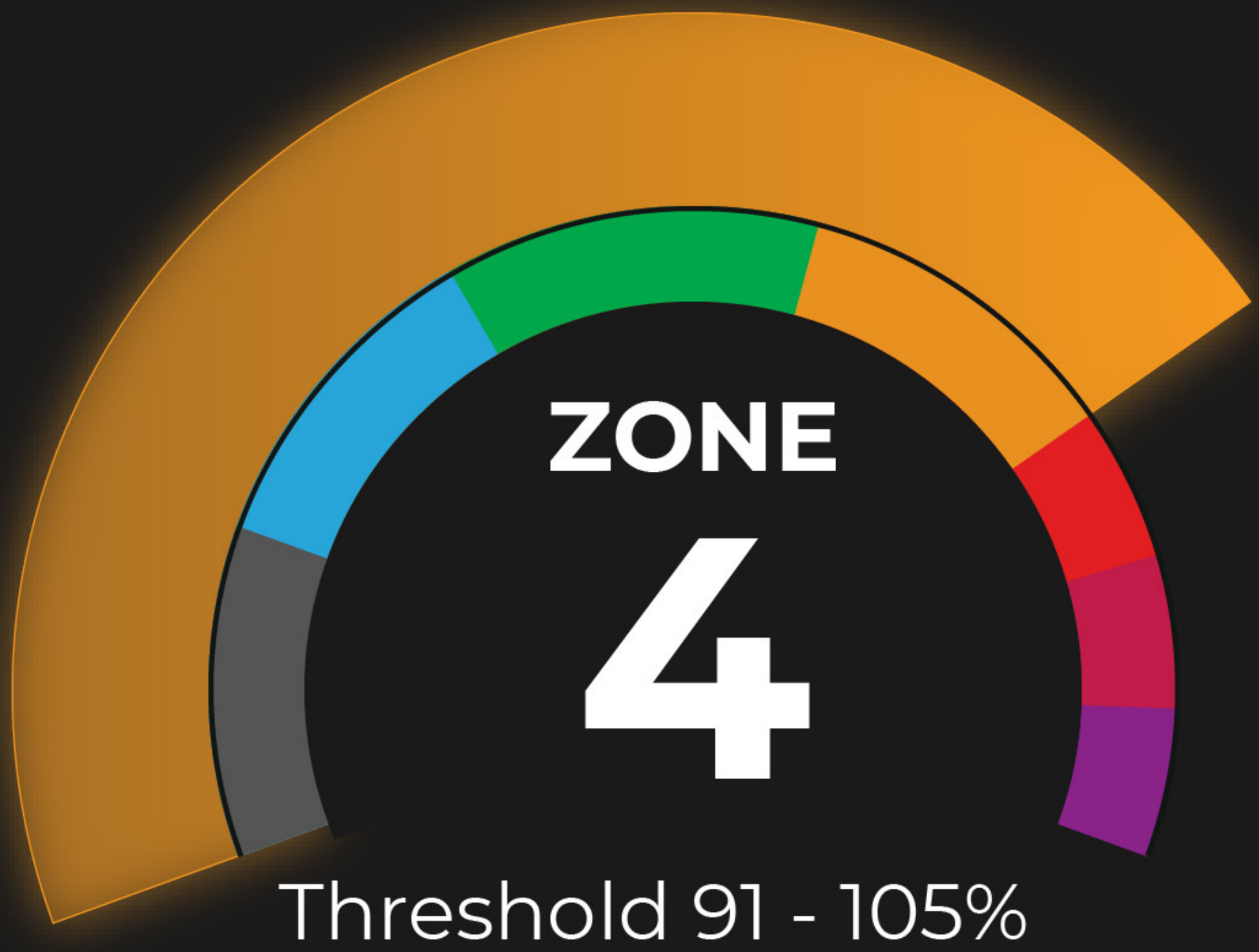
ZONE 3

Time: 02:00

Zone: 3

Speed: 75-80

Gear: 10-14



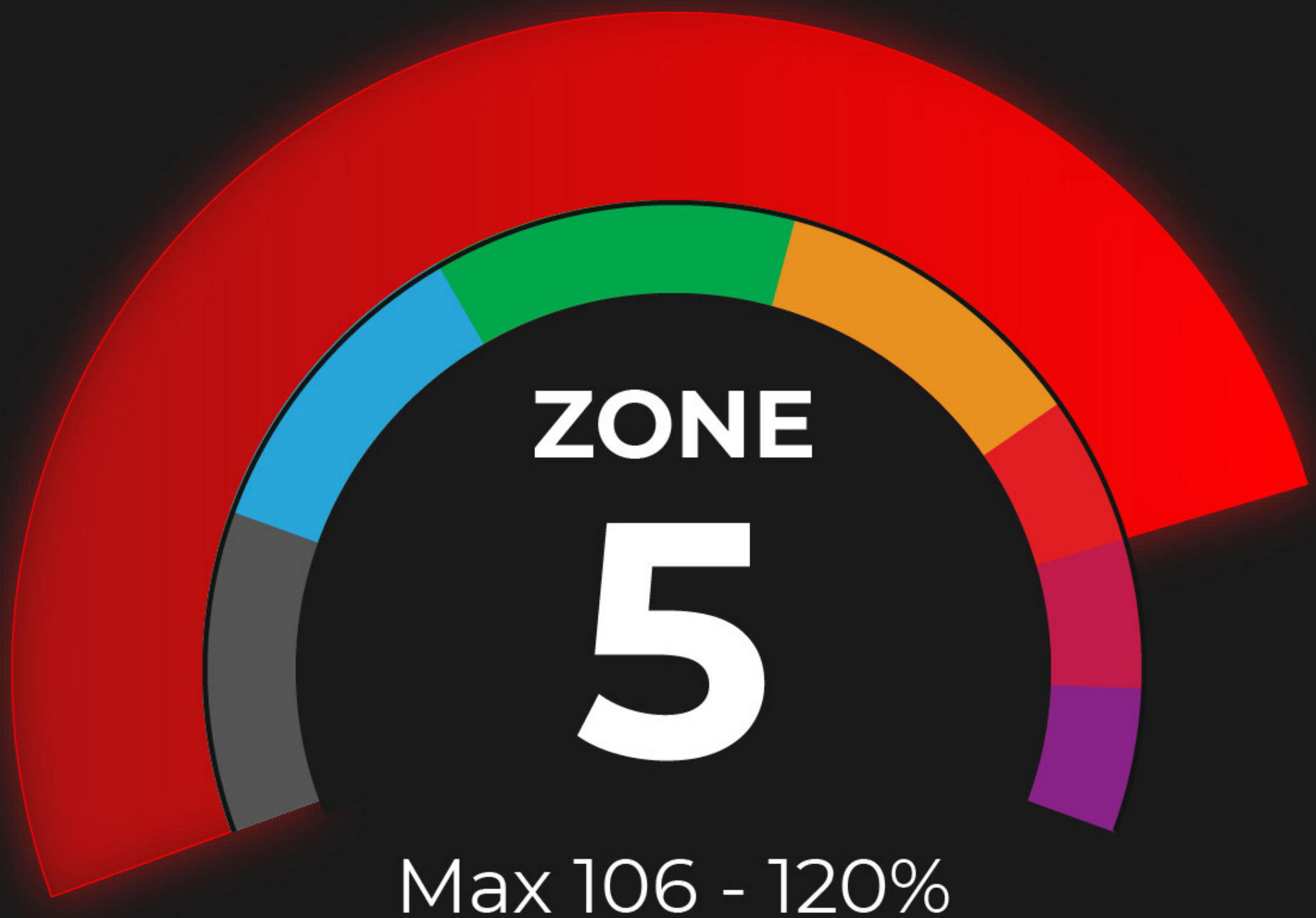
ZONE 4

Time: 05:00*

Zone: 4

Speed: 80

Gear: 14 - 18



ZONE 5

Time: 00:30

Zone: 4

Speed: 80+

Gear: 14 - 18



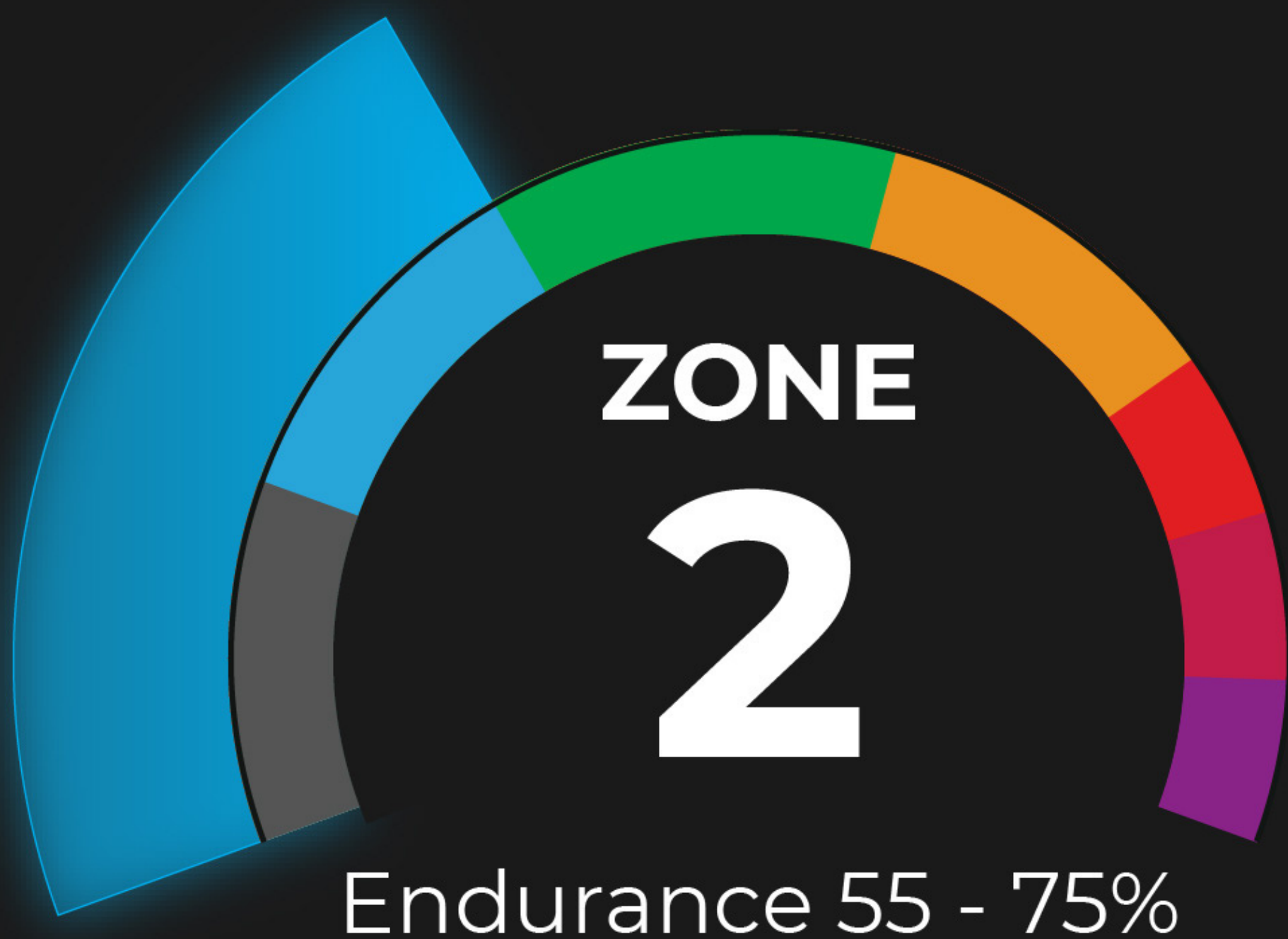
ZONE 1

Time: 01:00

Zone: 1

Speed: 70

Gear: 6 - 10



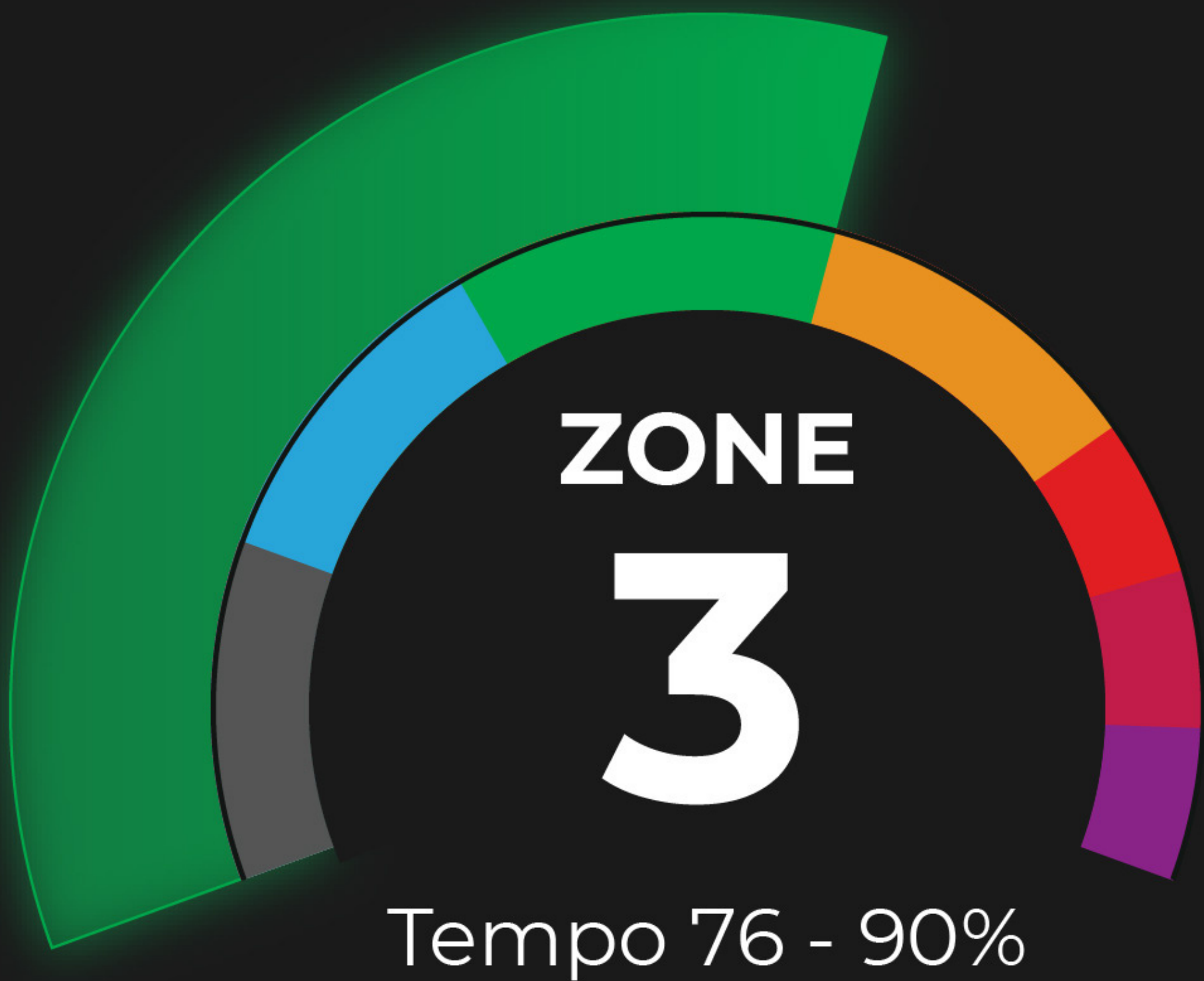
ZONE 2

Time: 01:30

Zone: 2

Speed: 90-100

Gear: 8 - 12



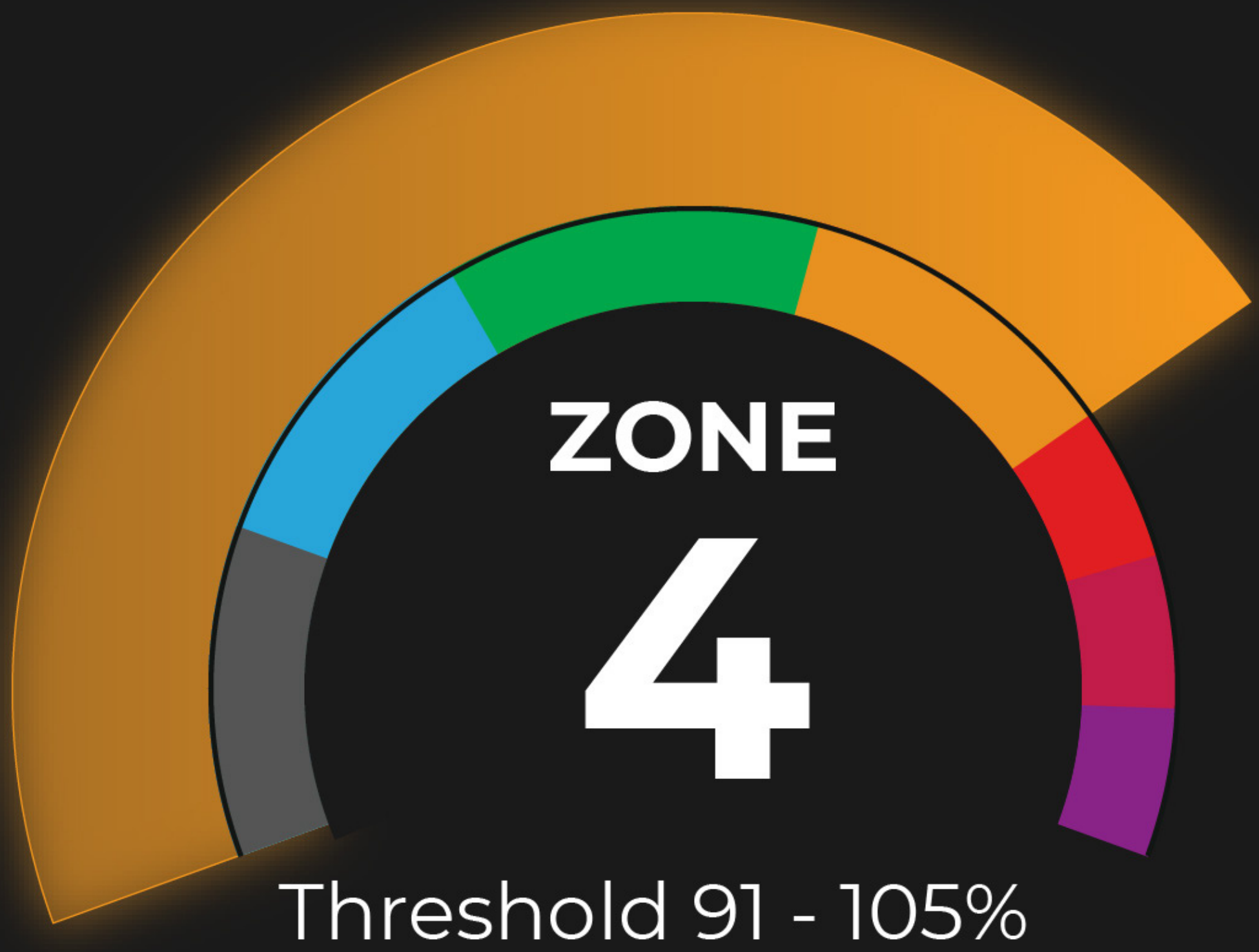
ZONE 3

Time: 02:00

Zone: 3

Speed: 70

Gear: 10-14



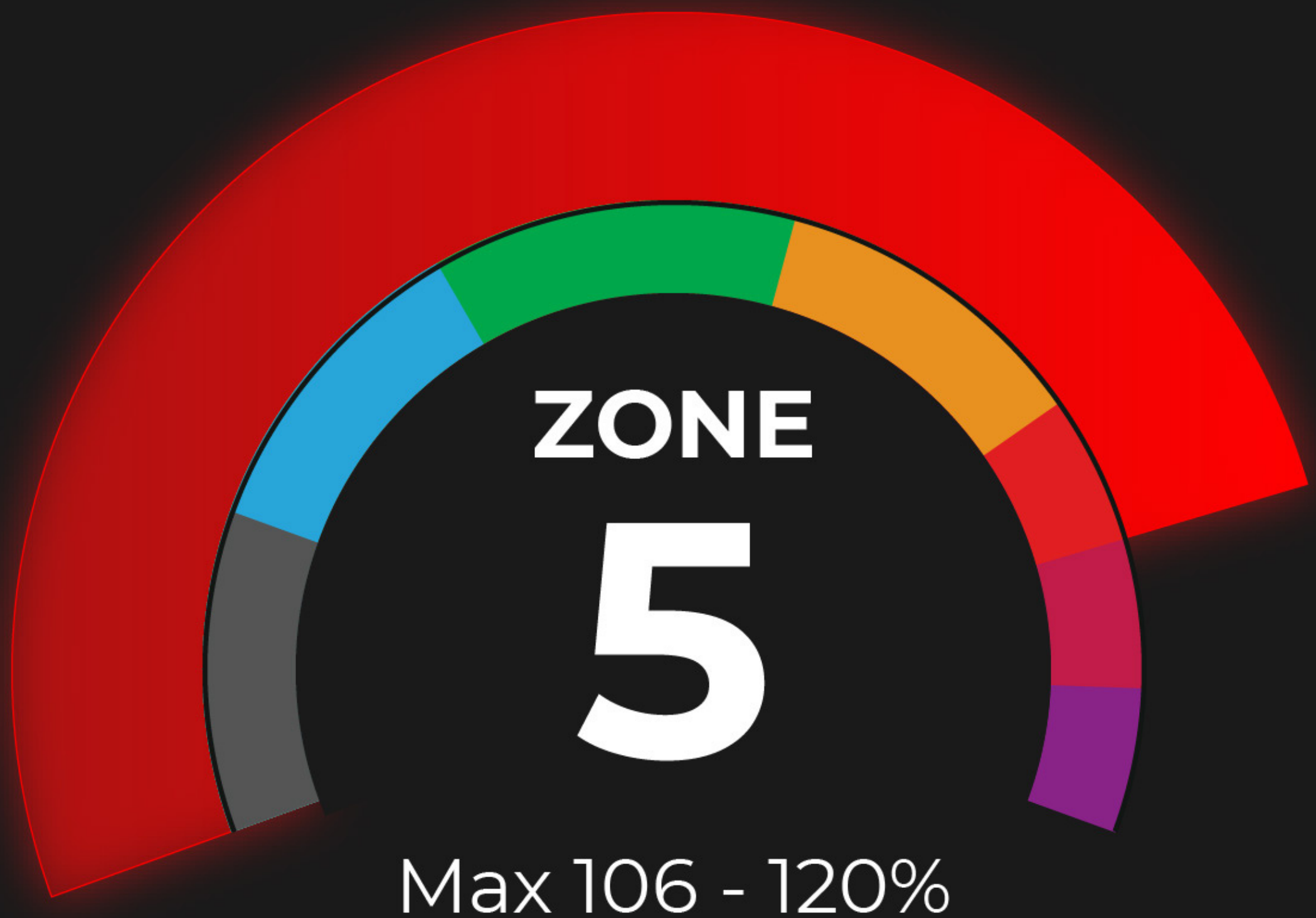
ZONE 4

Time: 05:00*

Zone: 4

Speed: 80-85

Gear: 14 - 18



ZONE 5

Time: 00:30

Zone: 4

Speed: 85+

Gear: 14 - 18



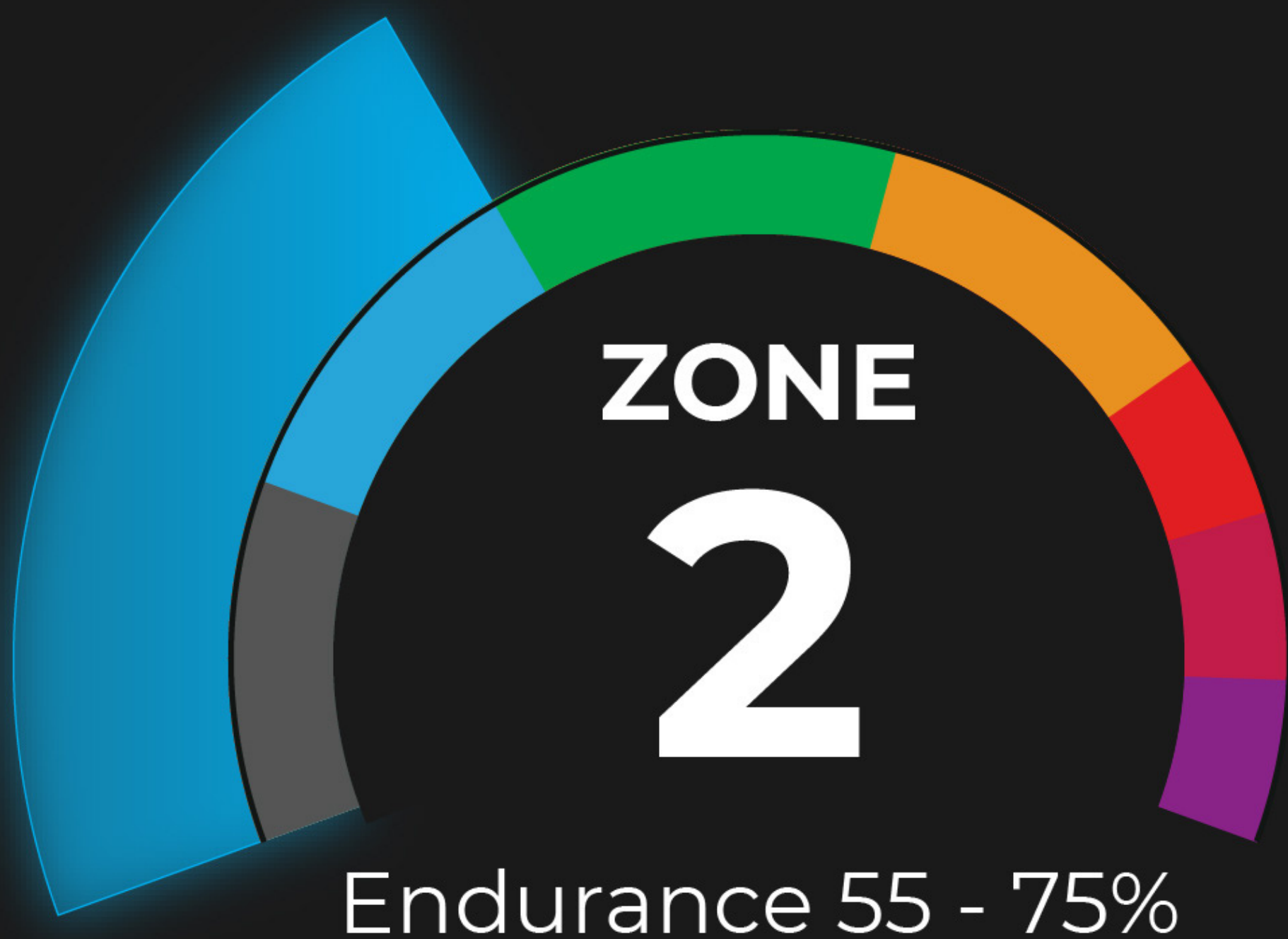
ZONE 1

Time: 01:00

Zone: 1

Speed: 70-75

Gear: 6 - 10



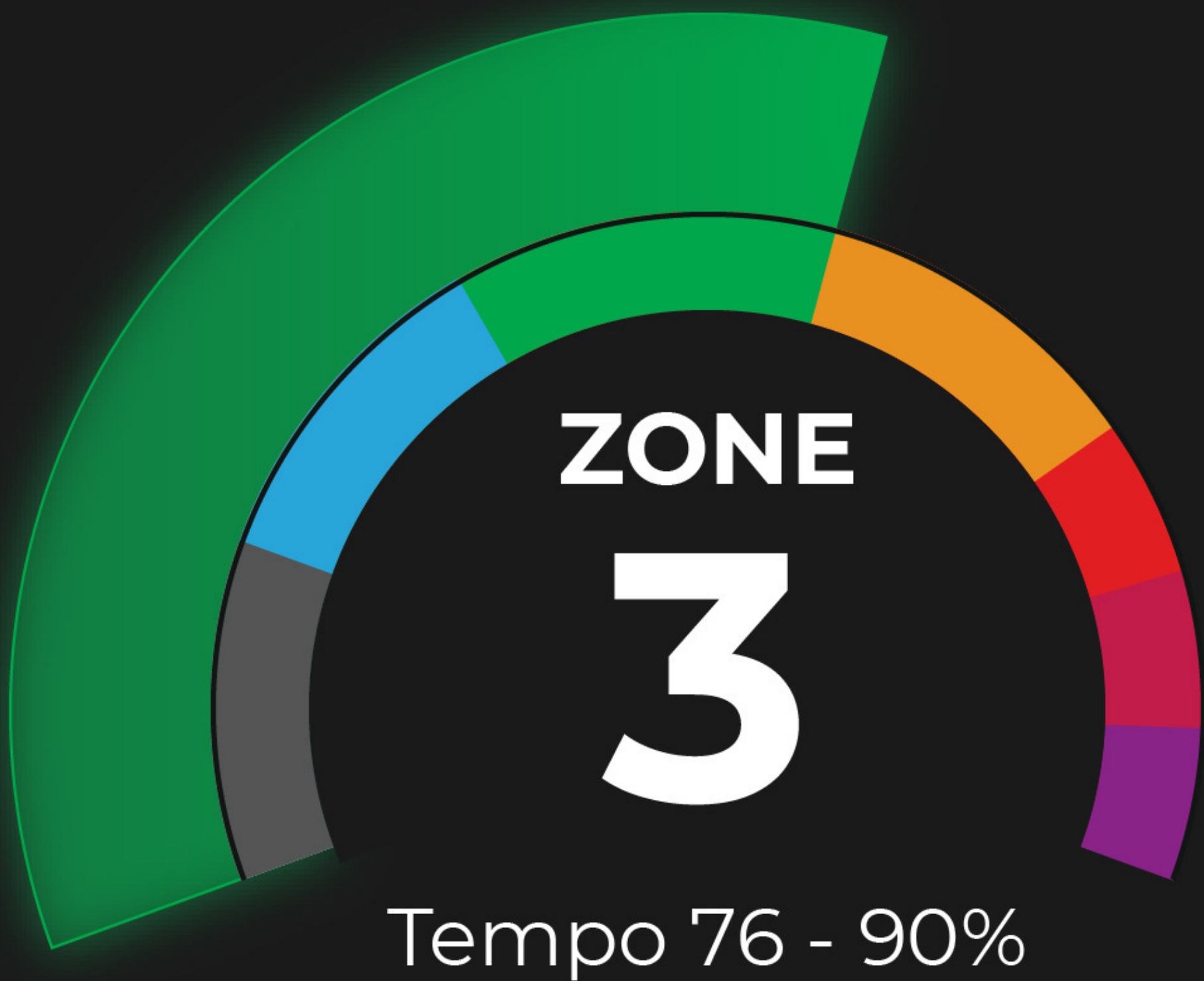
ZONE 2

Time: 01:30

Zone: 2

Speed: 90-100

Gear: 8 - 12



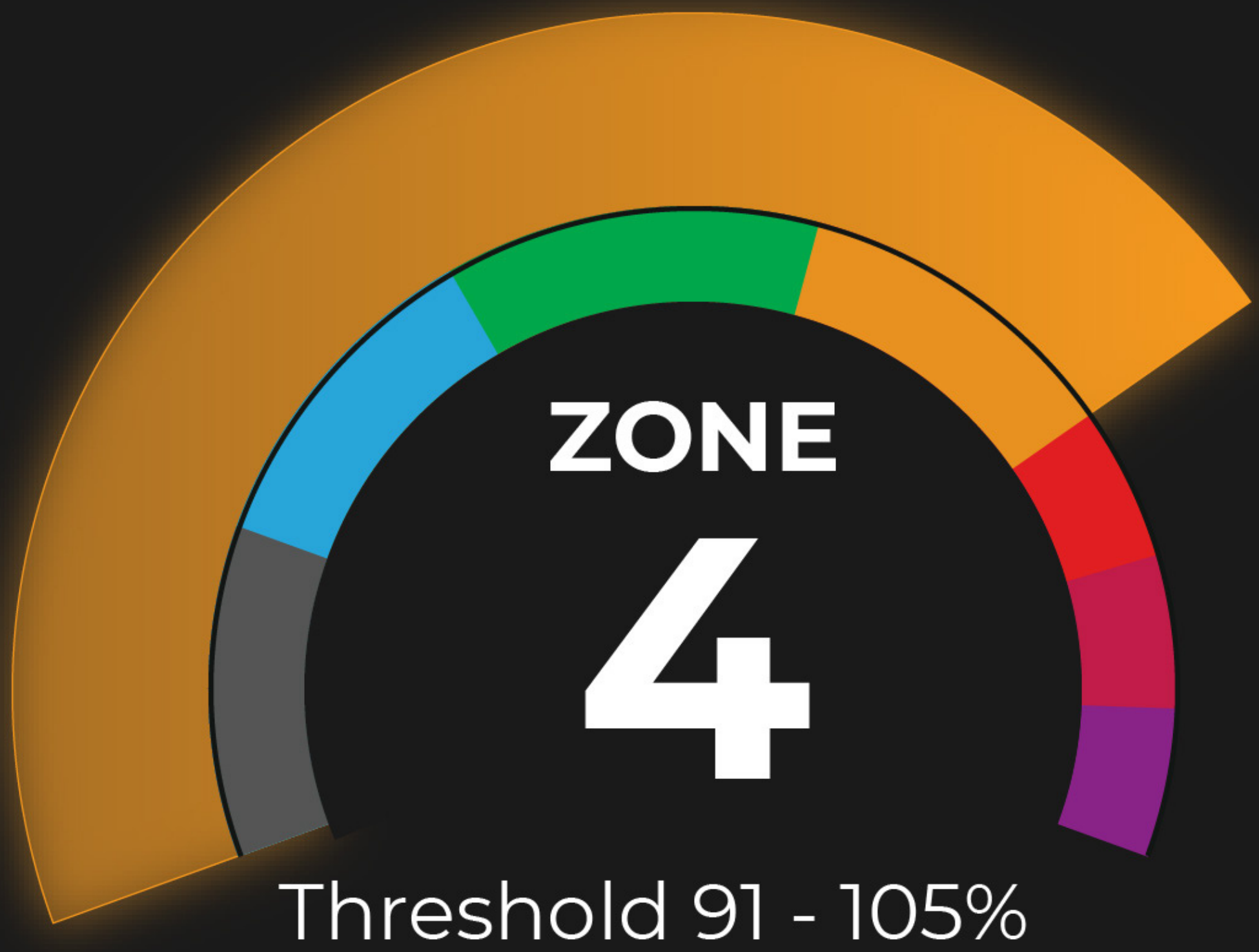
ZONE 3

Time: 02:00

Zone: 3

Speed: 70-75

Gear: 10-14



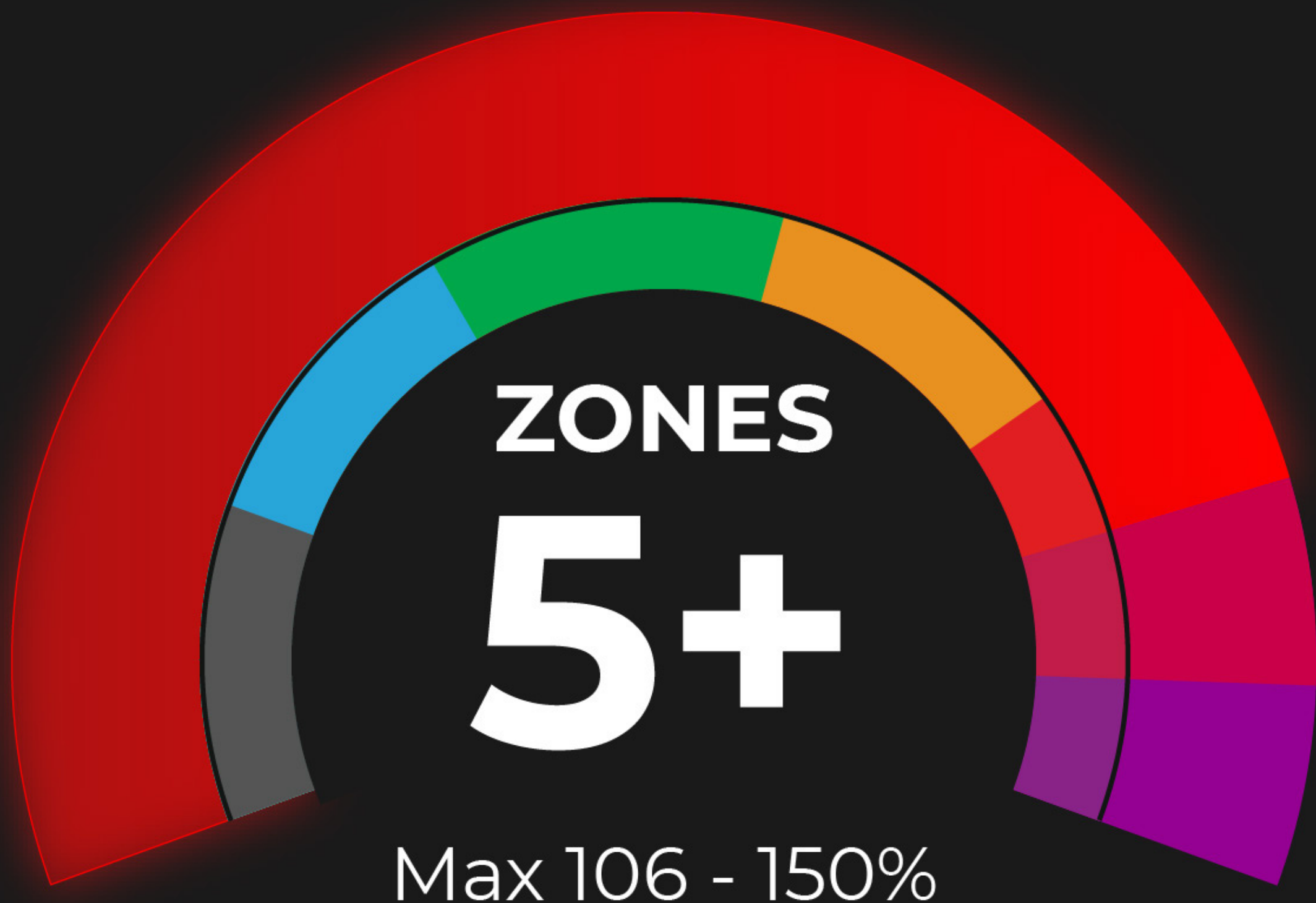
ZONE 4

Time: 05:00*

Zone: 4

Speed: 85

Gear: 14 - 18



ZONE 5-6

Time: 00:30

Zone: 4

Speed: 85+

Gear: 14 - 18



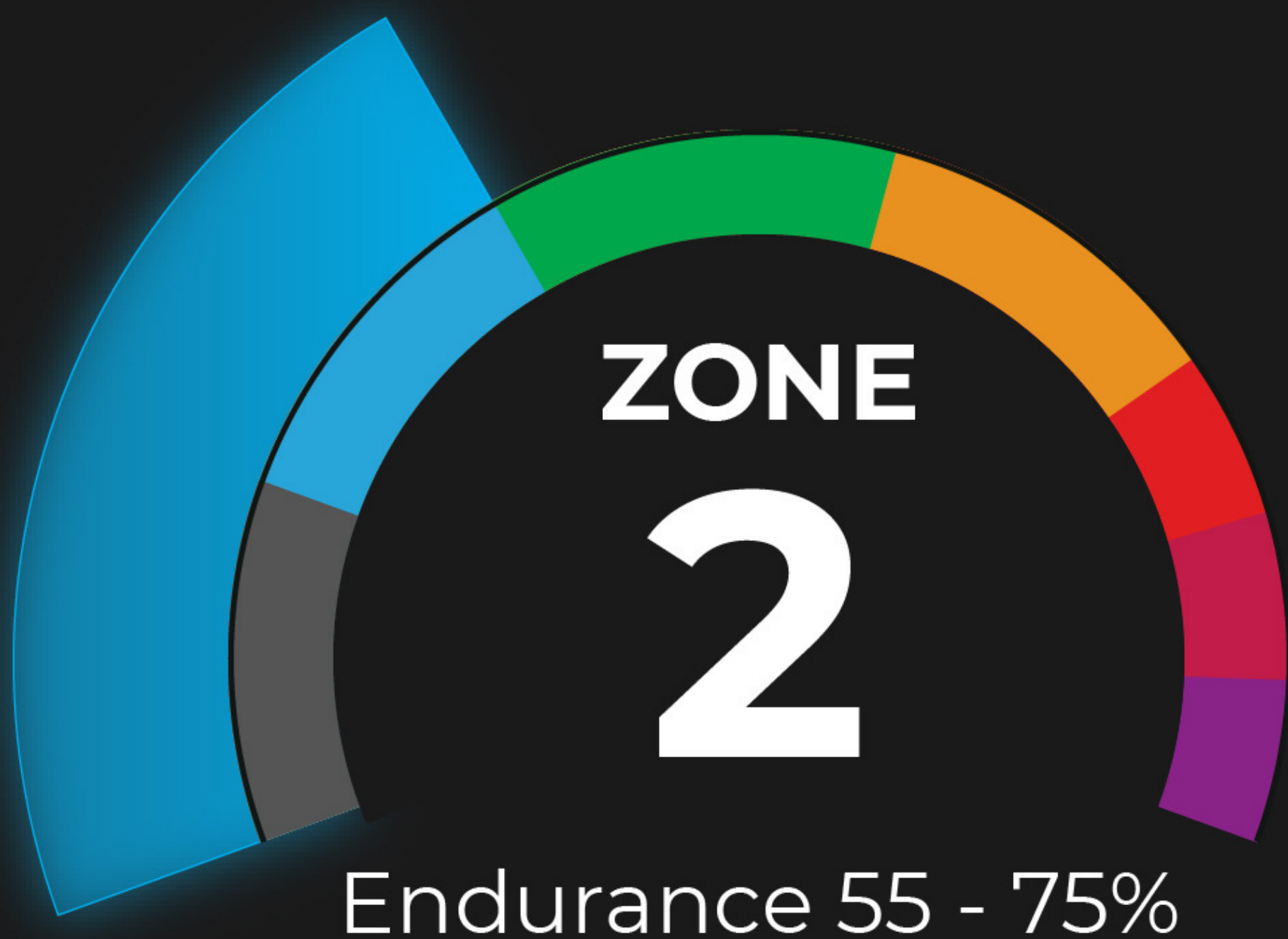
ZONE 1

Time: 01:00

Zone: 1

Speed: 75

Gear: 6 - 10



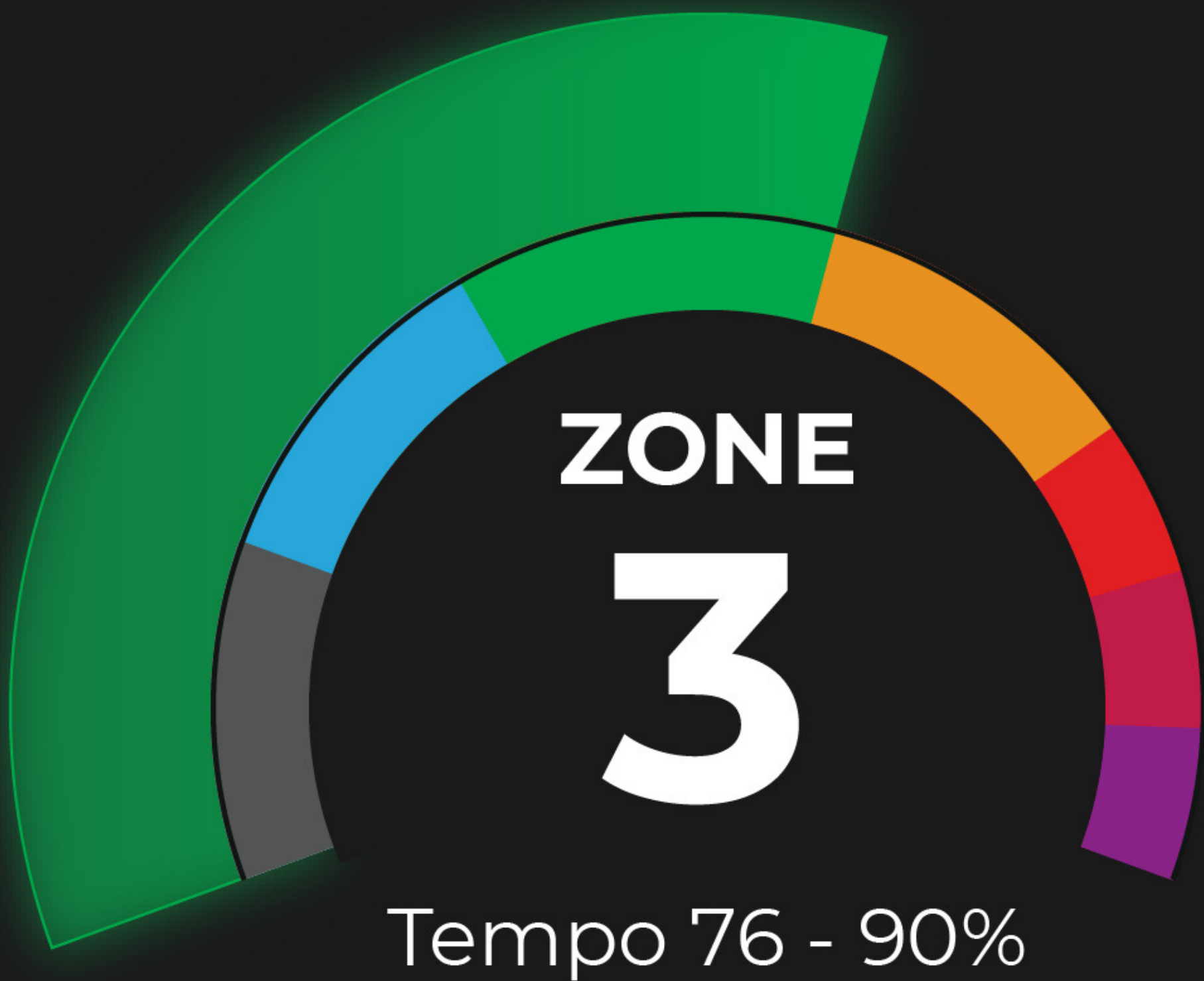
ZONE 2

Time: 01:30

Zone: 2

Speed: 90-100

Gear: 8 - 12



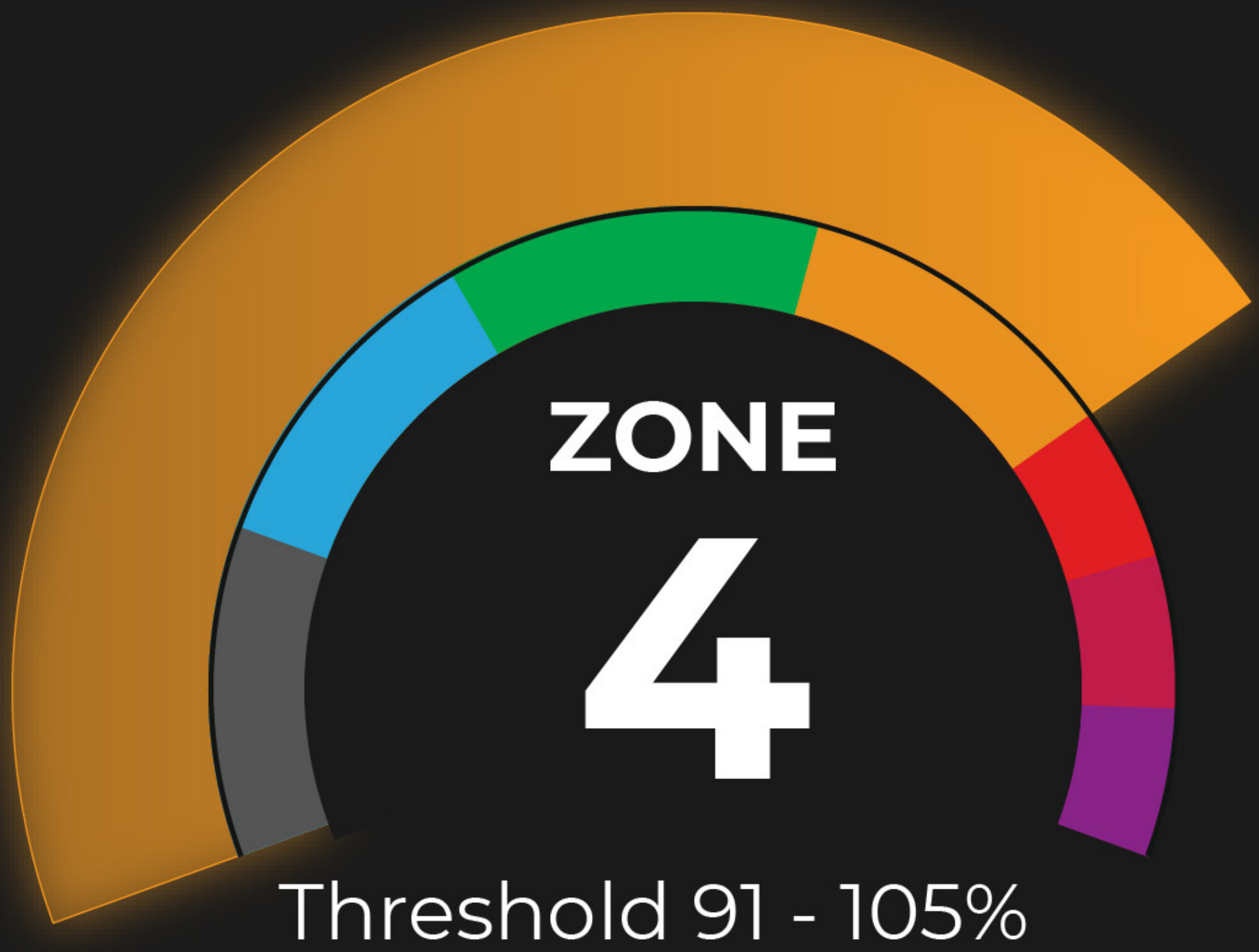
ZONE 3

Time: 02:00

Zone: 3

Speed: 75

Gear: 10-14



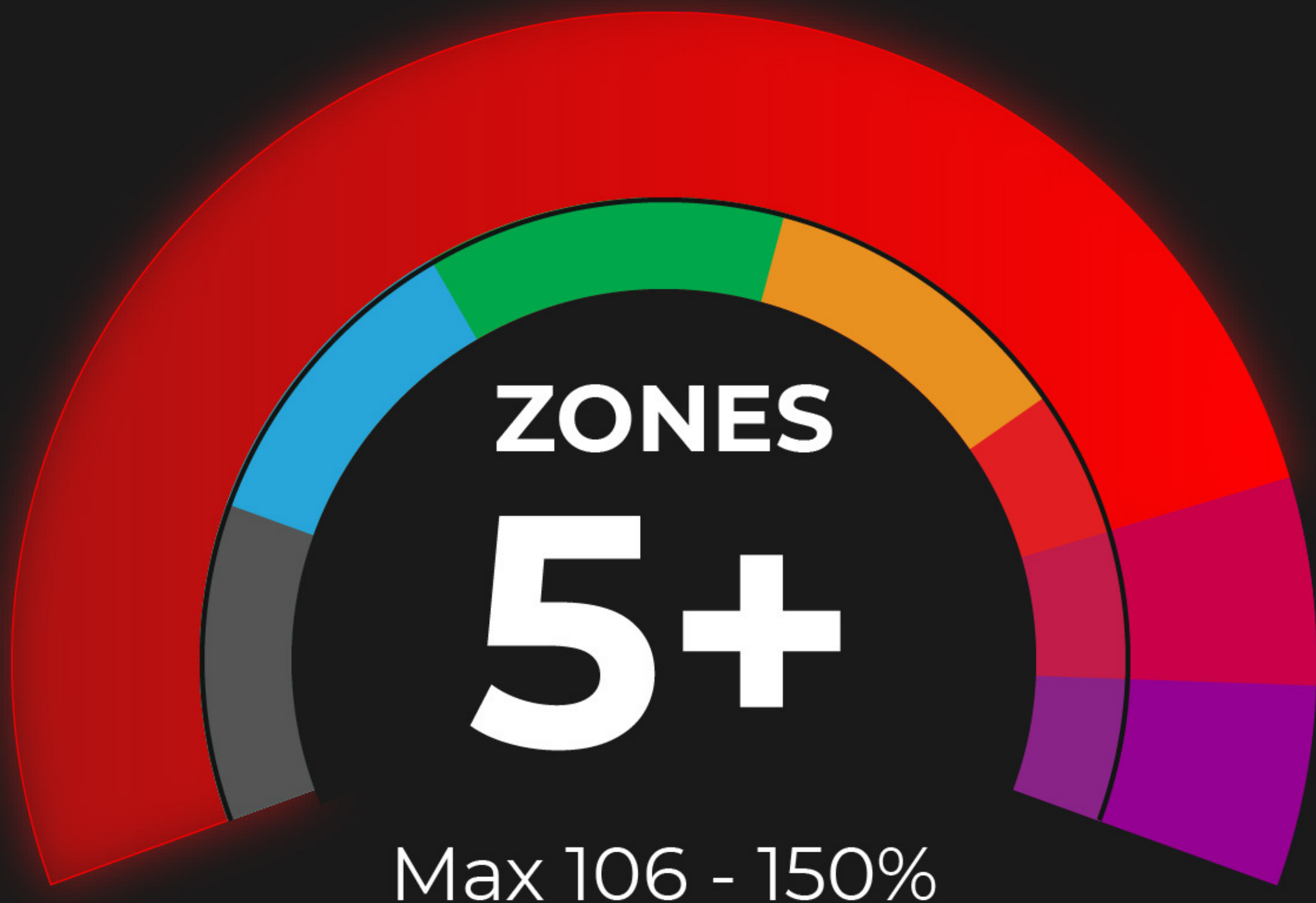
ZONE 4

Time: 05:00*

Zone: 4

Speed: 85-90

Gear: 14 - 18



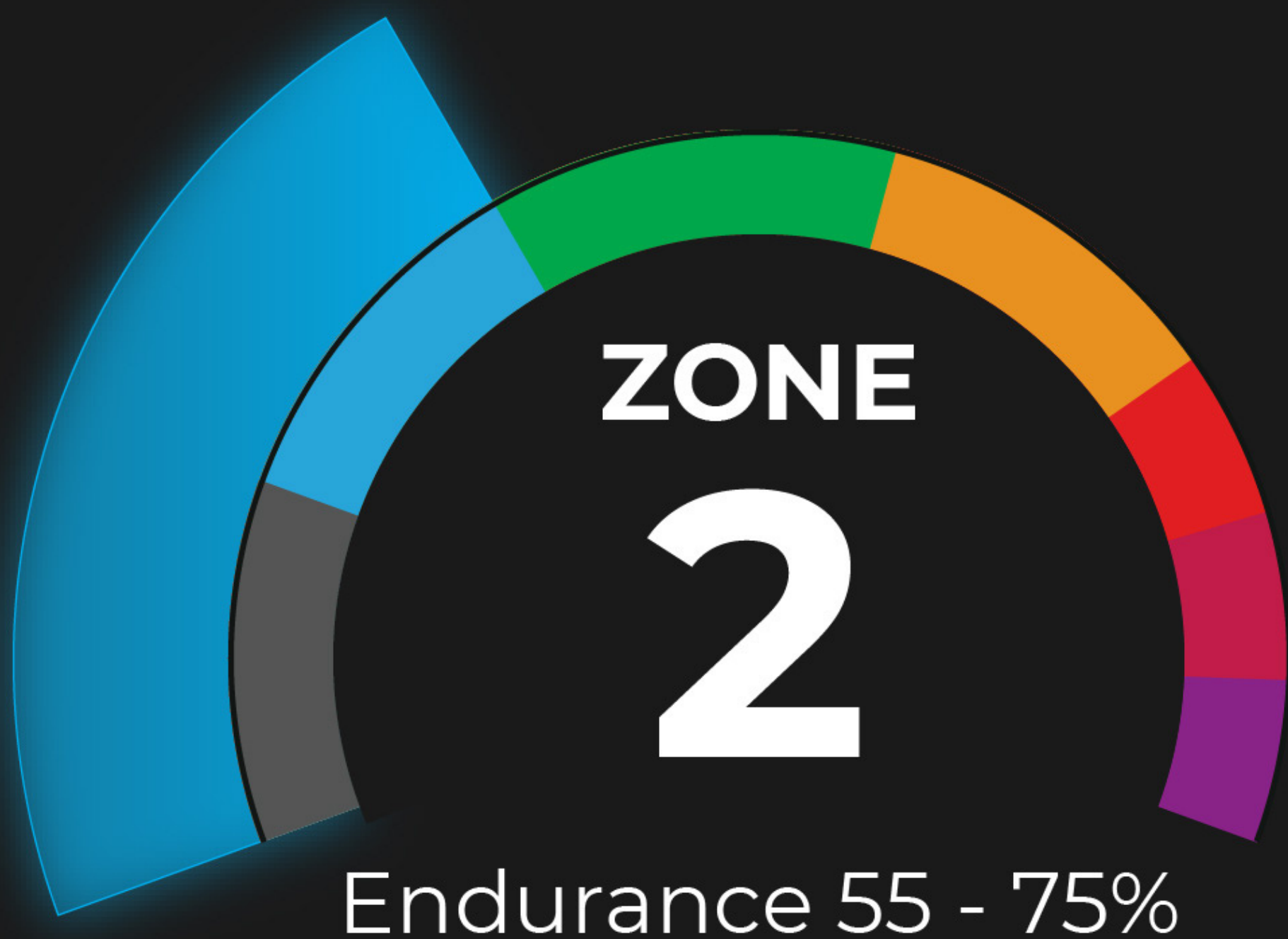
ZONE 5-7

Time: 00:30

Zone: 4

Speed: 90+

Gear: 14 - 18



ZONE 2

Time: 01:30

Zone: 2

Speed: 90-100

Gear: 8 - 12



ZONE 1

Time: 01:00

Zone: 1

Speed: 75

Gear: 6 - 10