



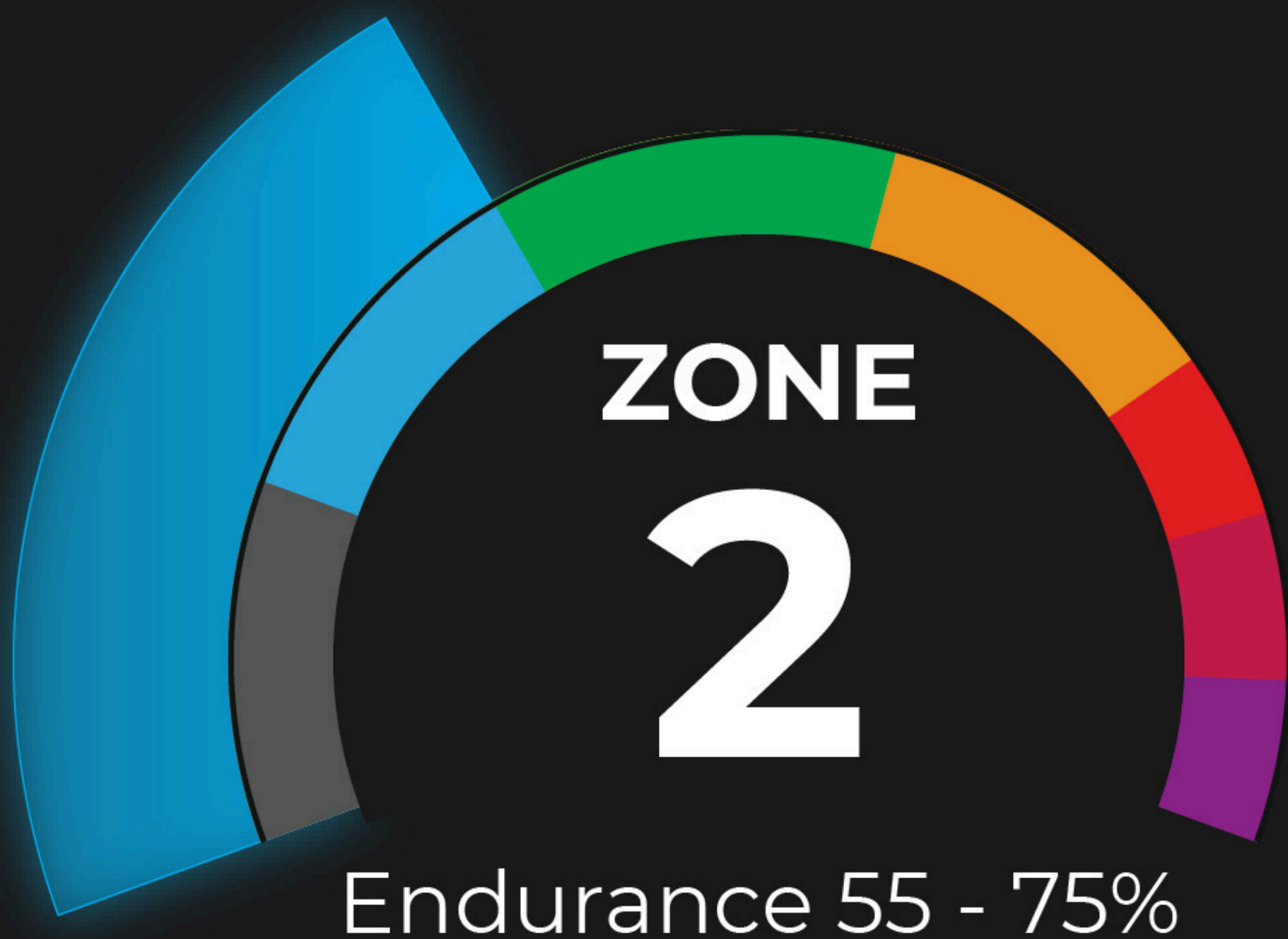
WARM UP

Time: 02:30

Zone: 1

Speed: 65-75

Gear: 6 - 10



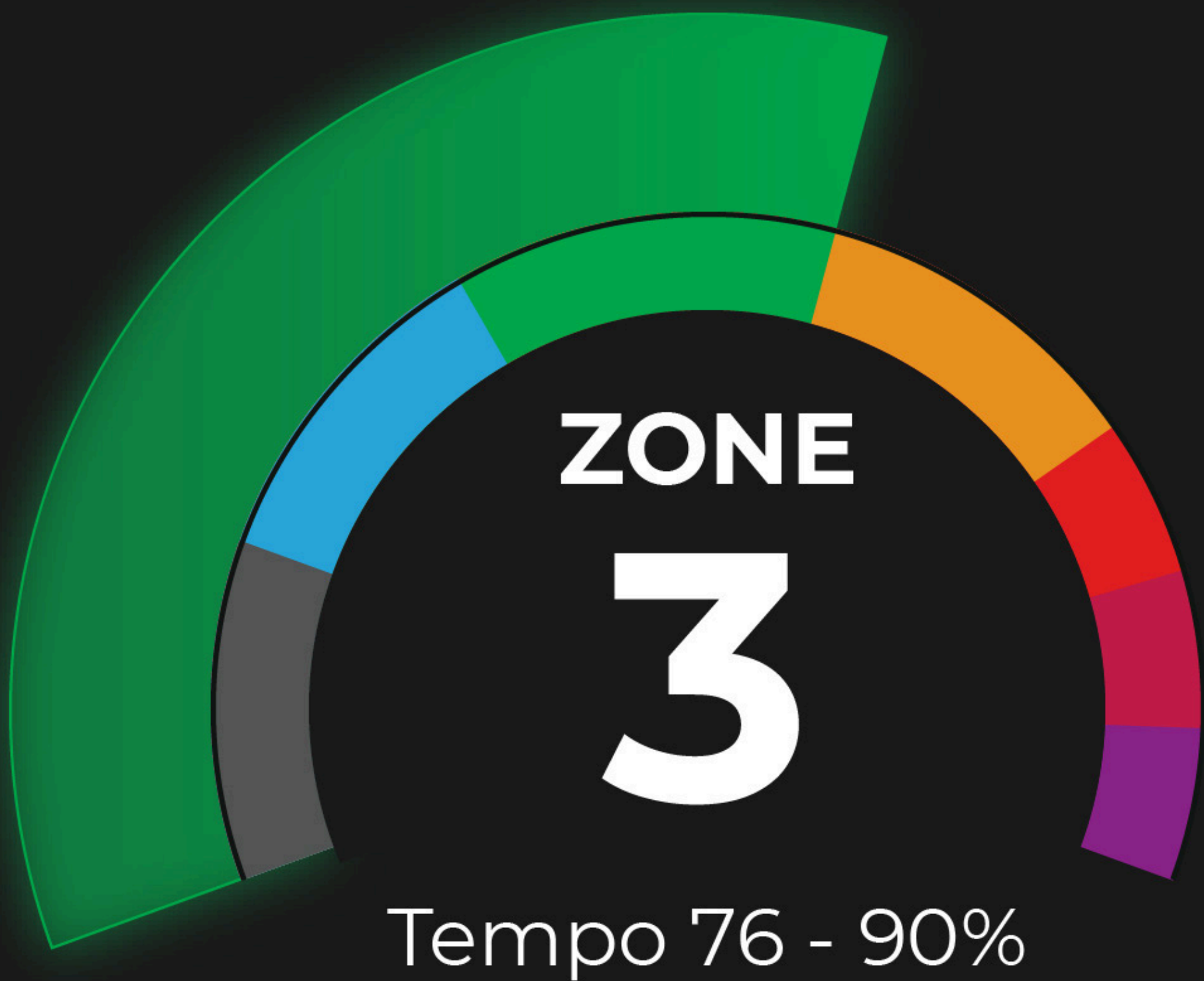
ZONE 2

Time: 03:00

Zone: 2

Speed: 75

Gear: 8 - 12



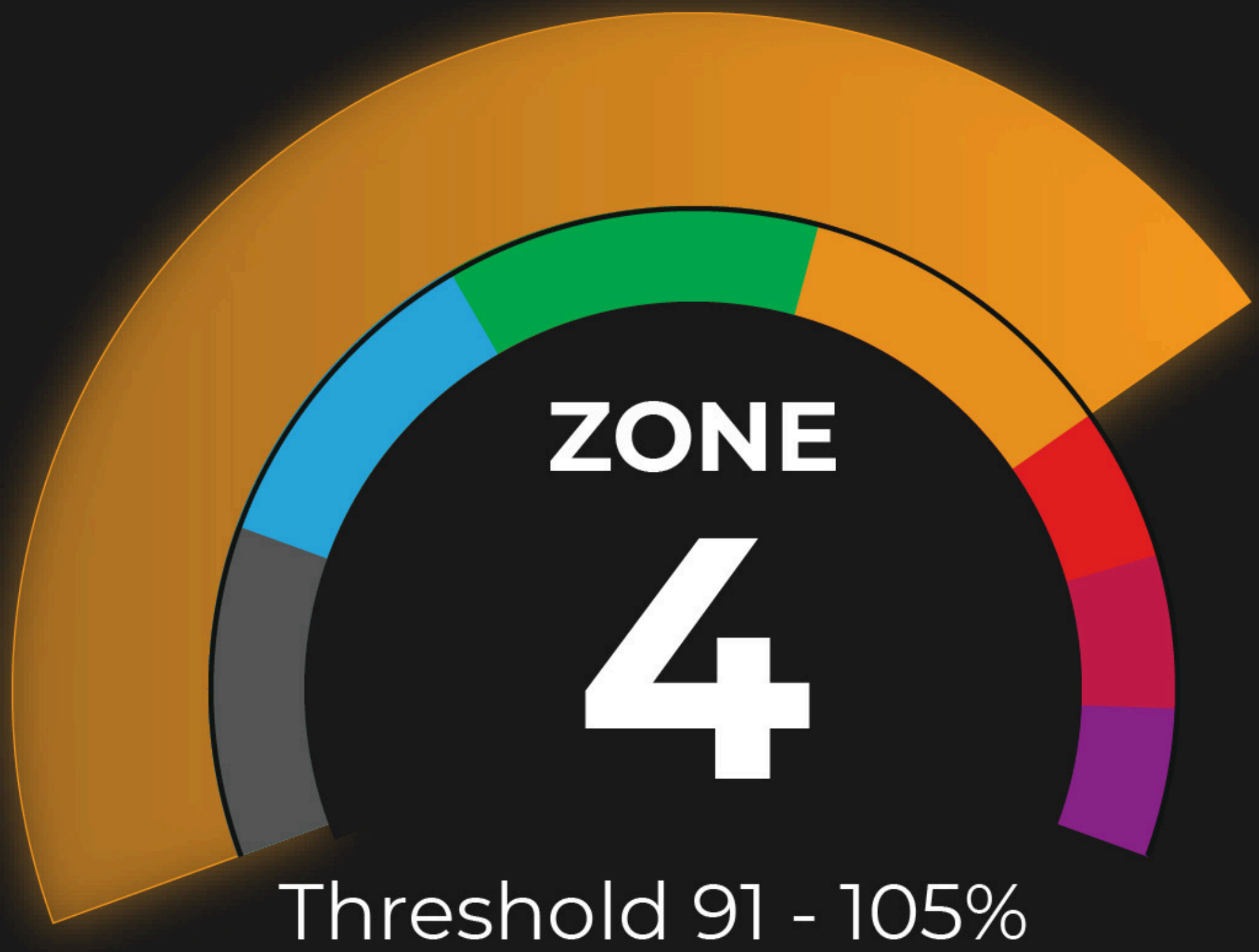
ZONE 3

Time: 04:00

Zone: 3

Speed: 70

Gear: 10-14



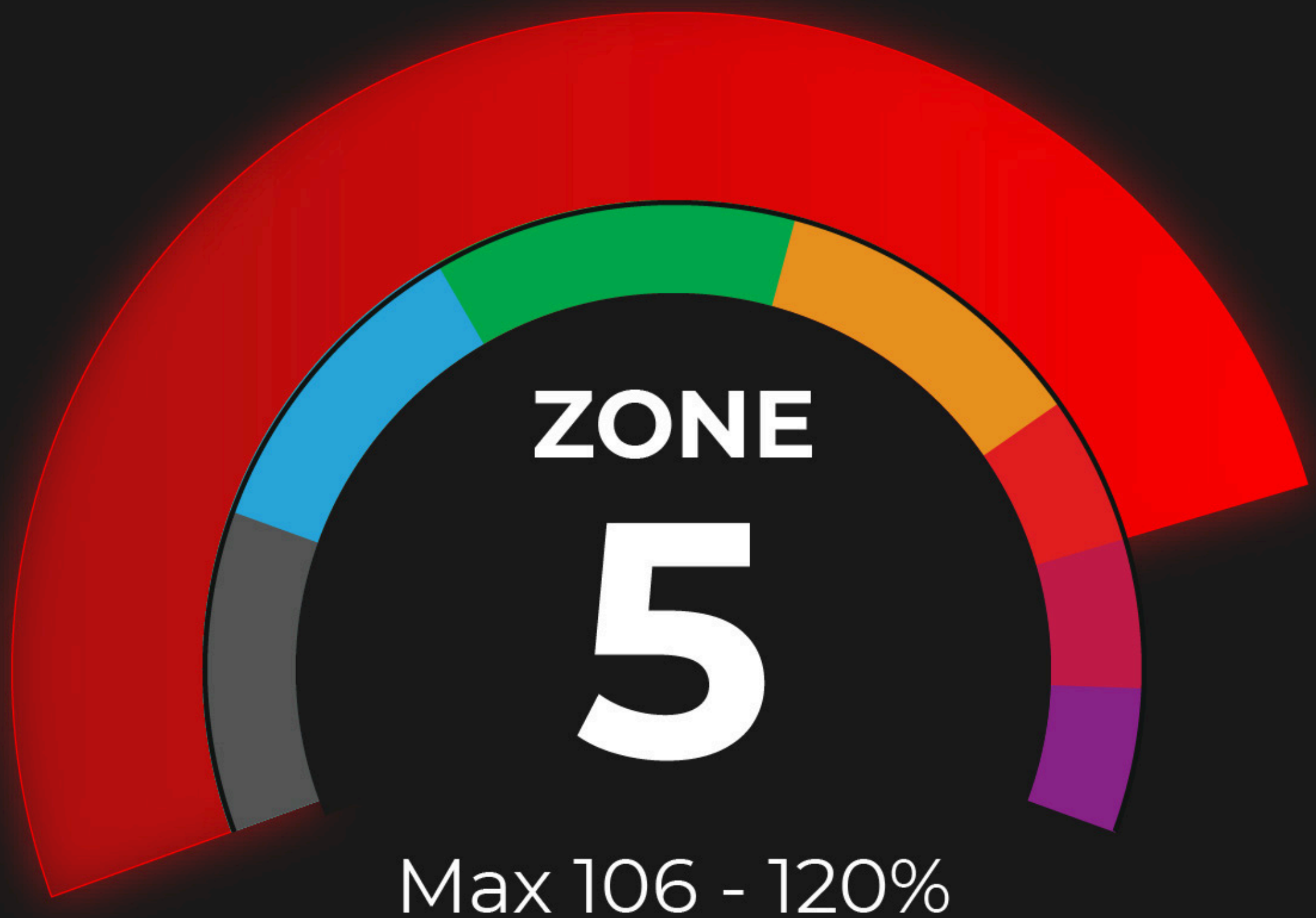
ZONE 4

Time: 10:00*

Zone: 4

Speed: 80

Gear: 14 - 18



ZONE 5

Time: 01:00

Zone: 4

Speed: 80+

Gear: 14 - 18



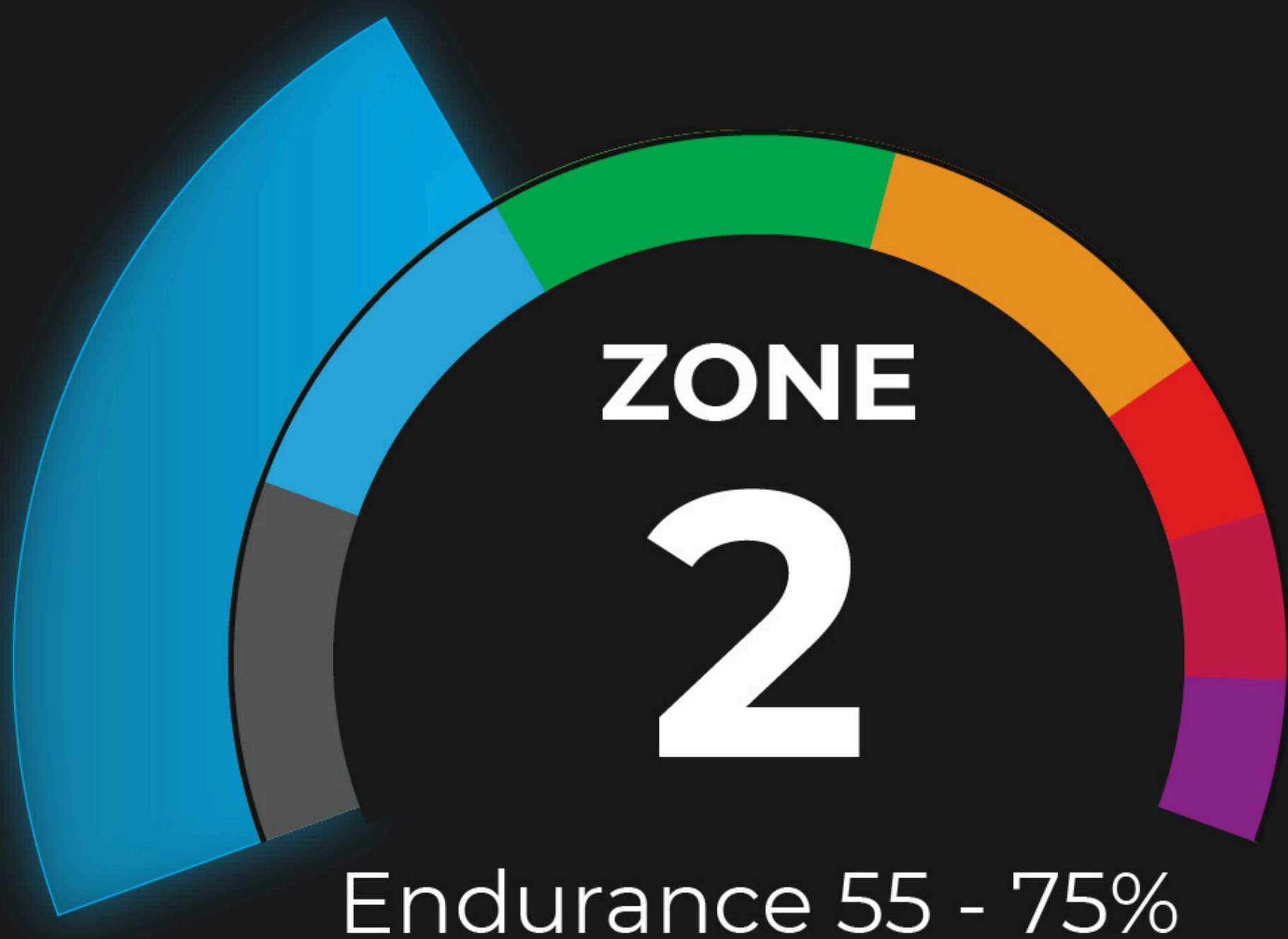
RECOVERY

Time: 01:30

Zone: 1

Speed: 70

Gear: 6 - 10



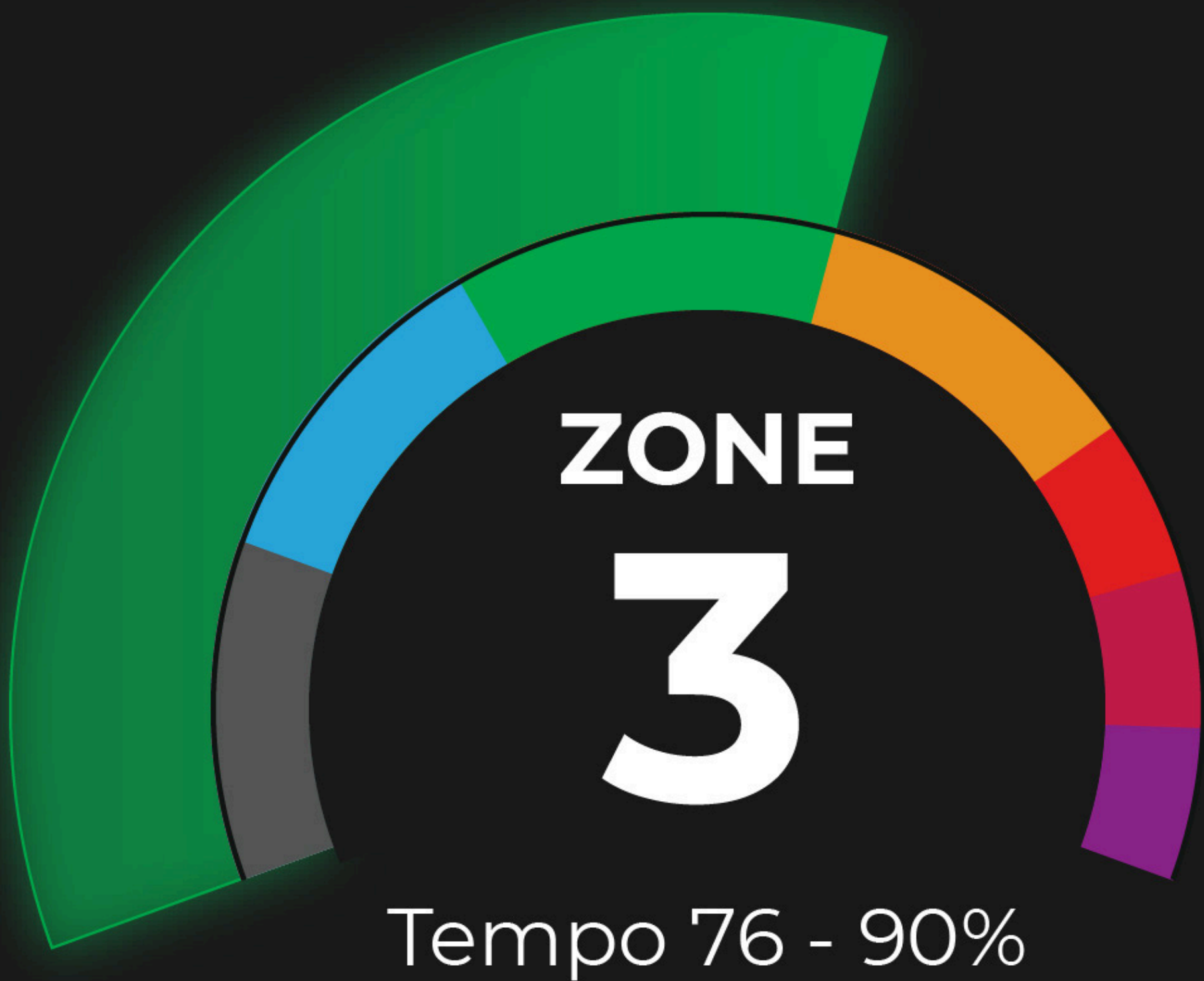
ZONE 2

Time: 02:30

Zone: 2

Speed: 75

Gear: 8 - 12



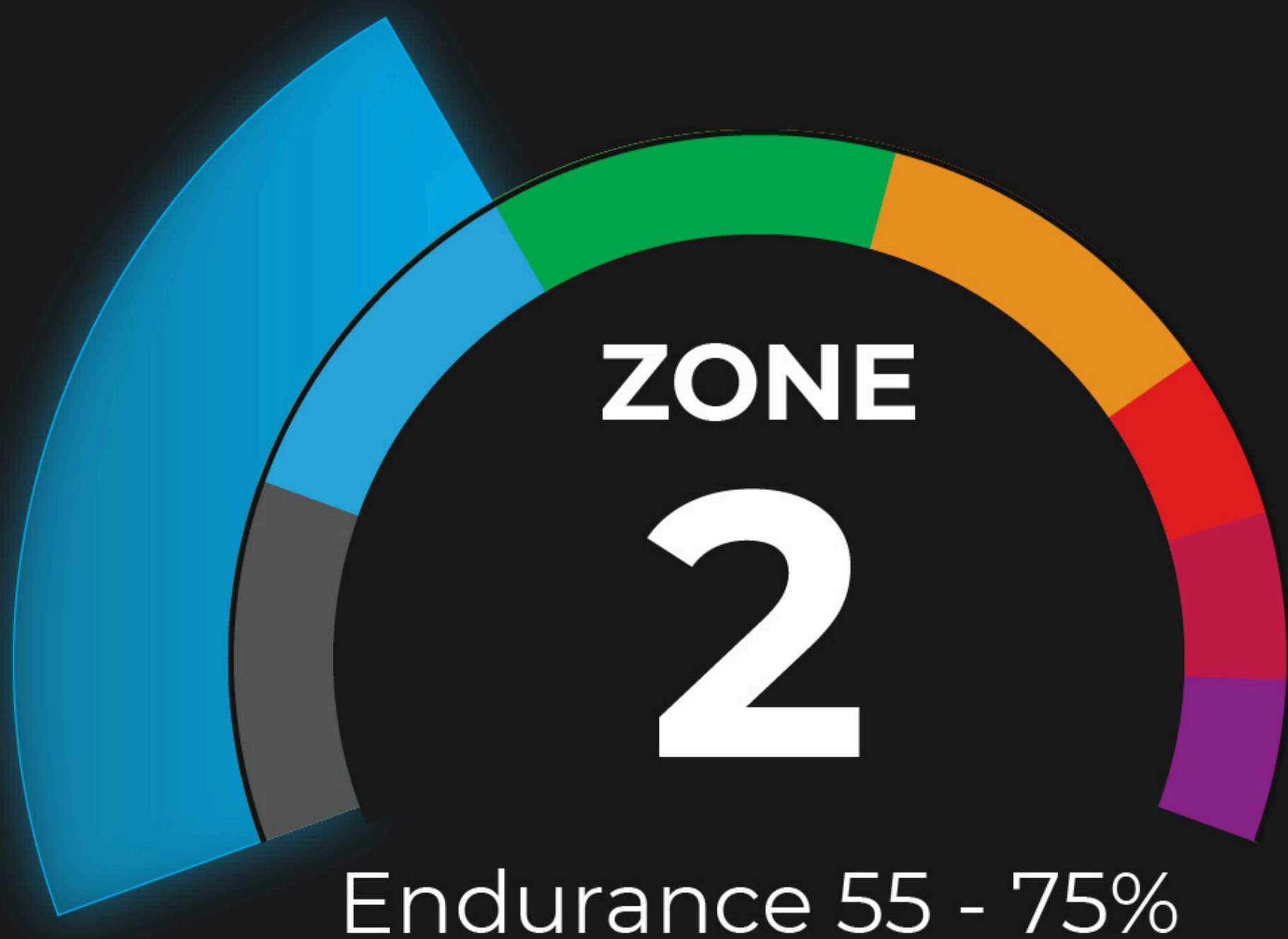
ZONE 3

Time: 02:30

Zone: 3

Speed: 100

Gear: 10-14



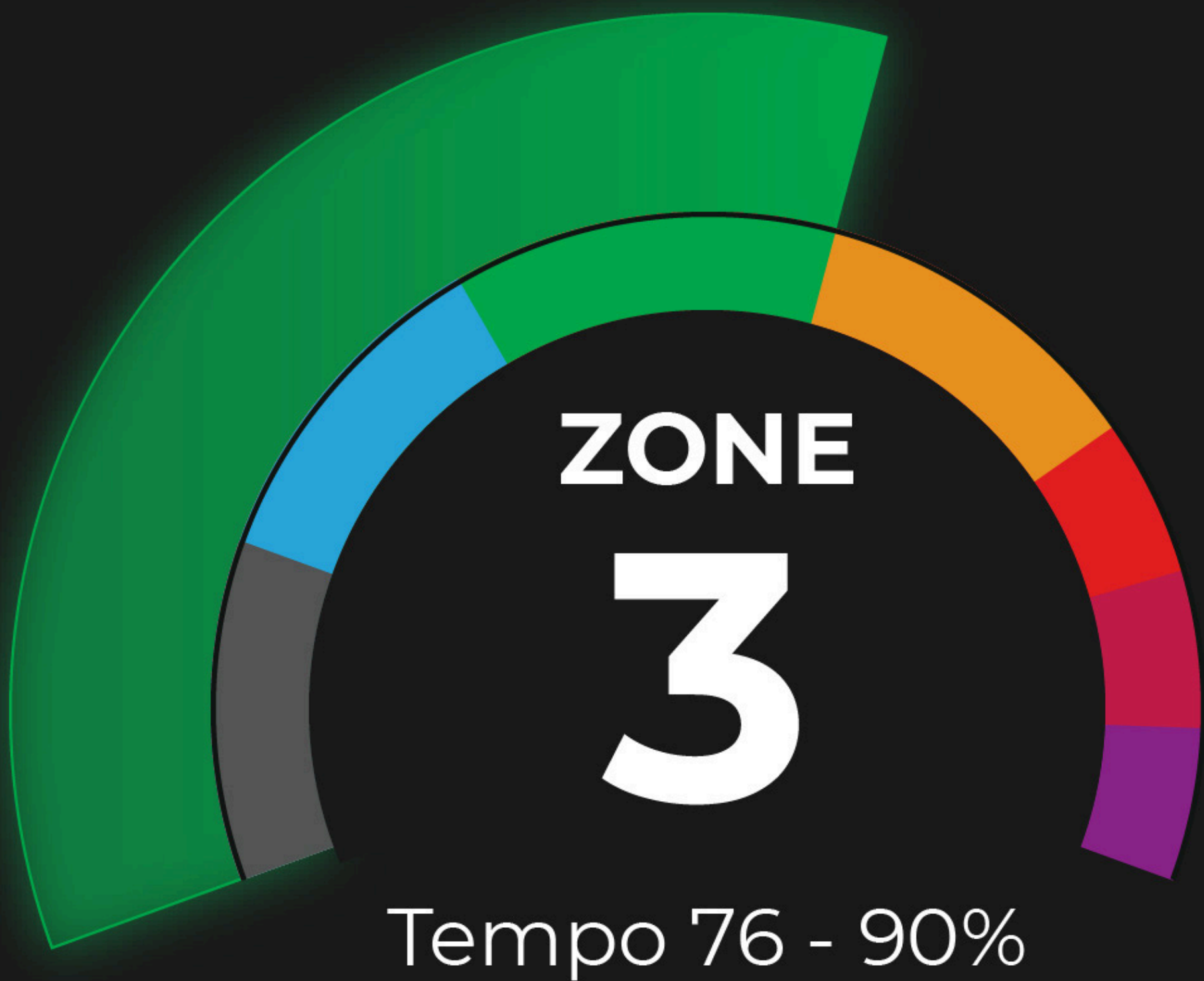
ZONE 2

Time: 02:30

Zone: 2

Speed: 75

Gear: 8 - 12



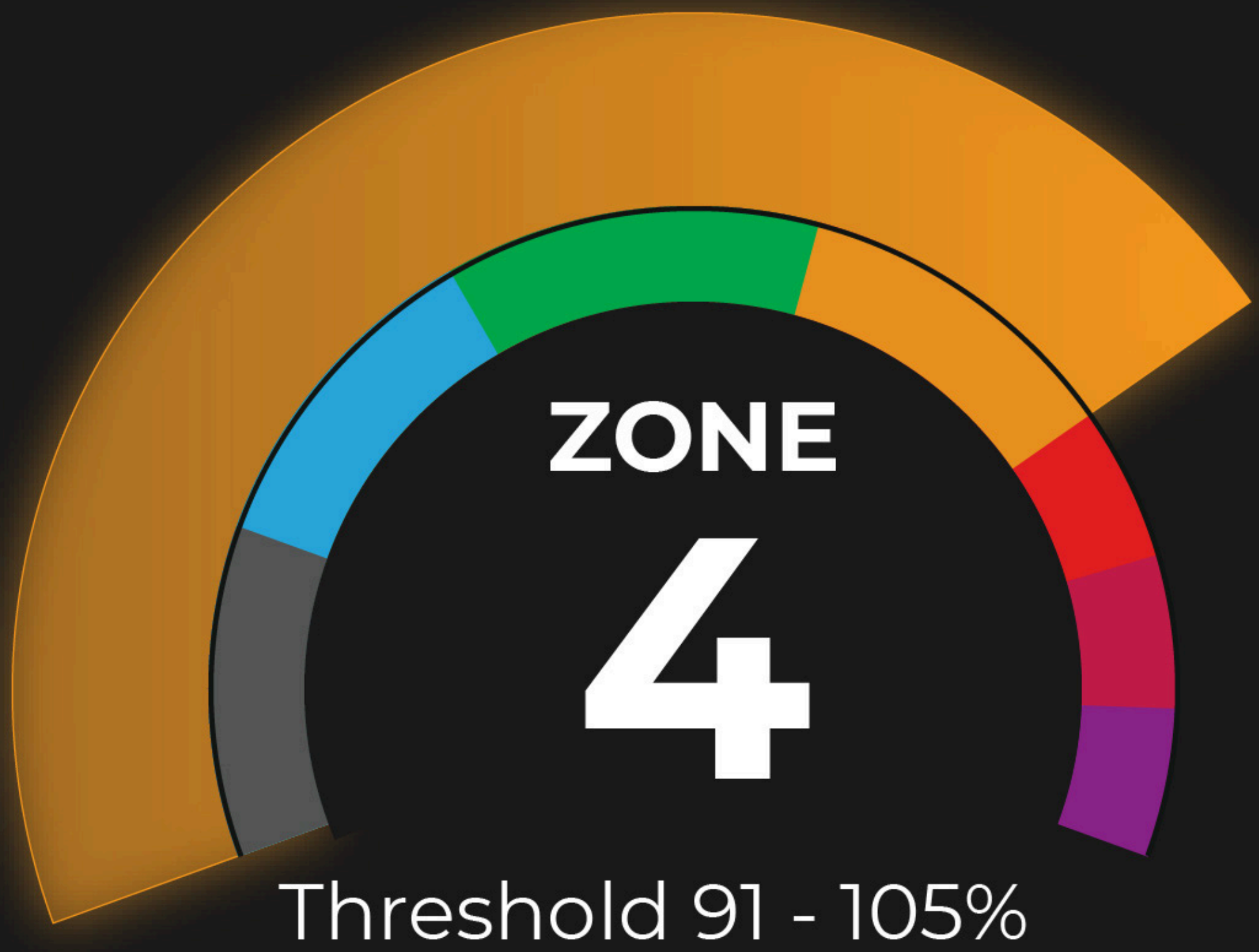
ZONE 3

Time: 02:30

Zone: 3

Speed: 100

Gear: 10-14



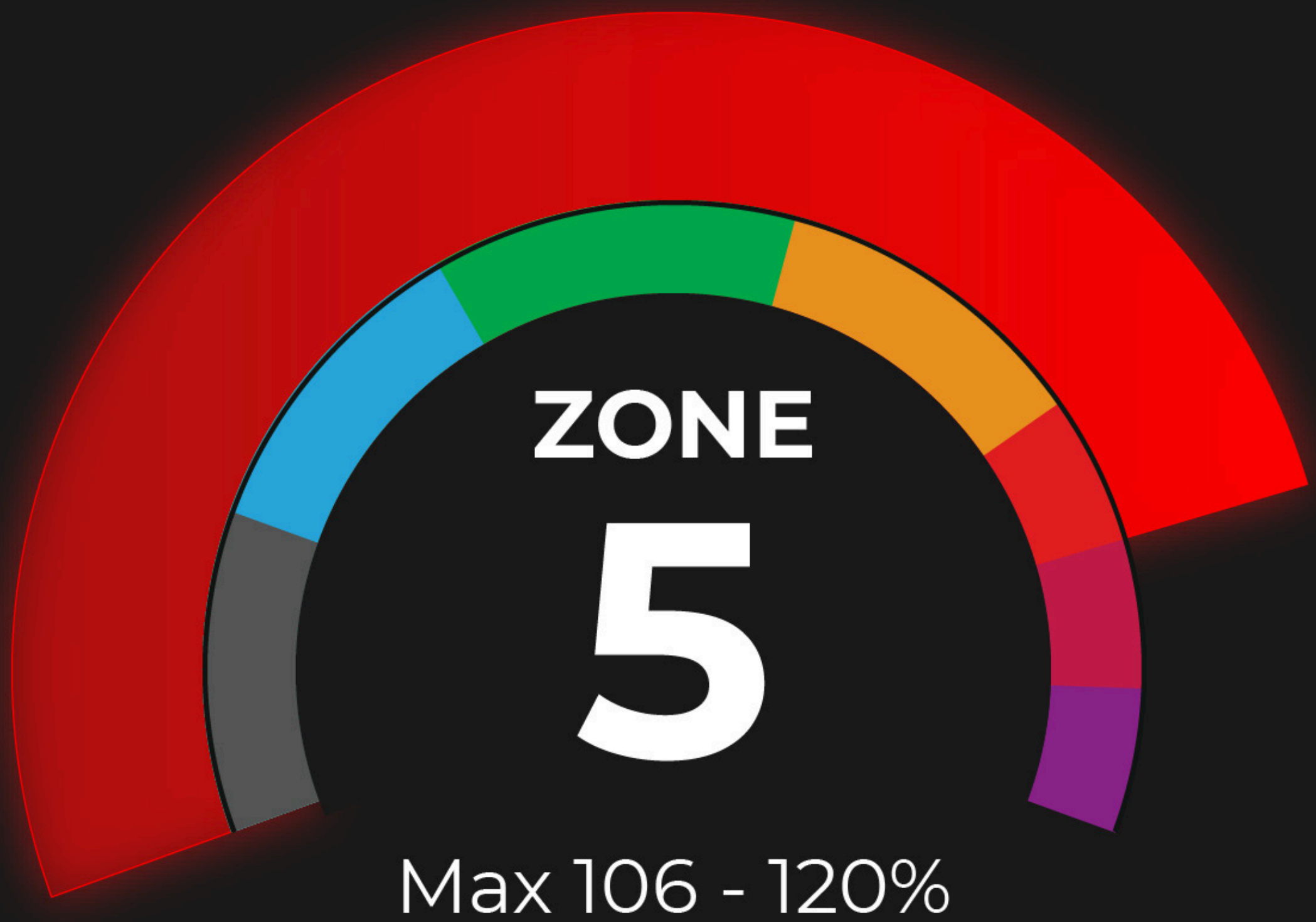
ZONE 4

Time: 10:00*

Zone: 4

Speed: 85-90

Gear: 14 - 18



ZONE 5

Time: 01:00

Zone: 4

Speed: 90

Gear: 14 - 18