



WARM UP 1

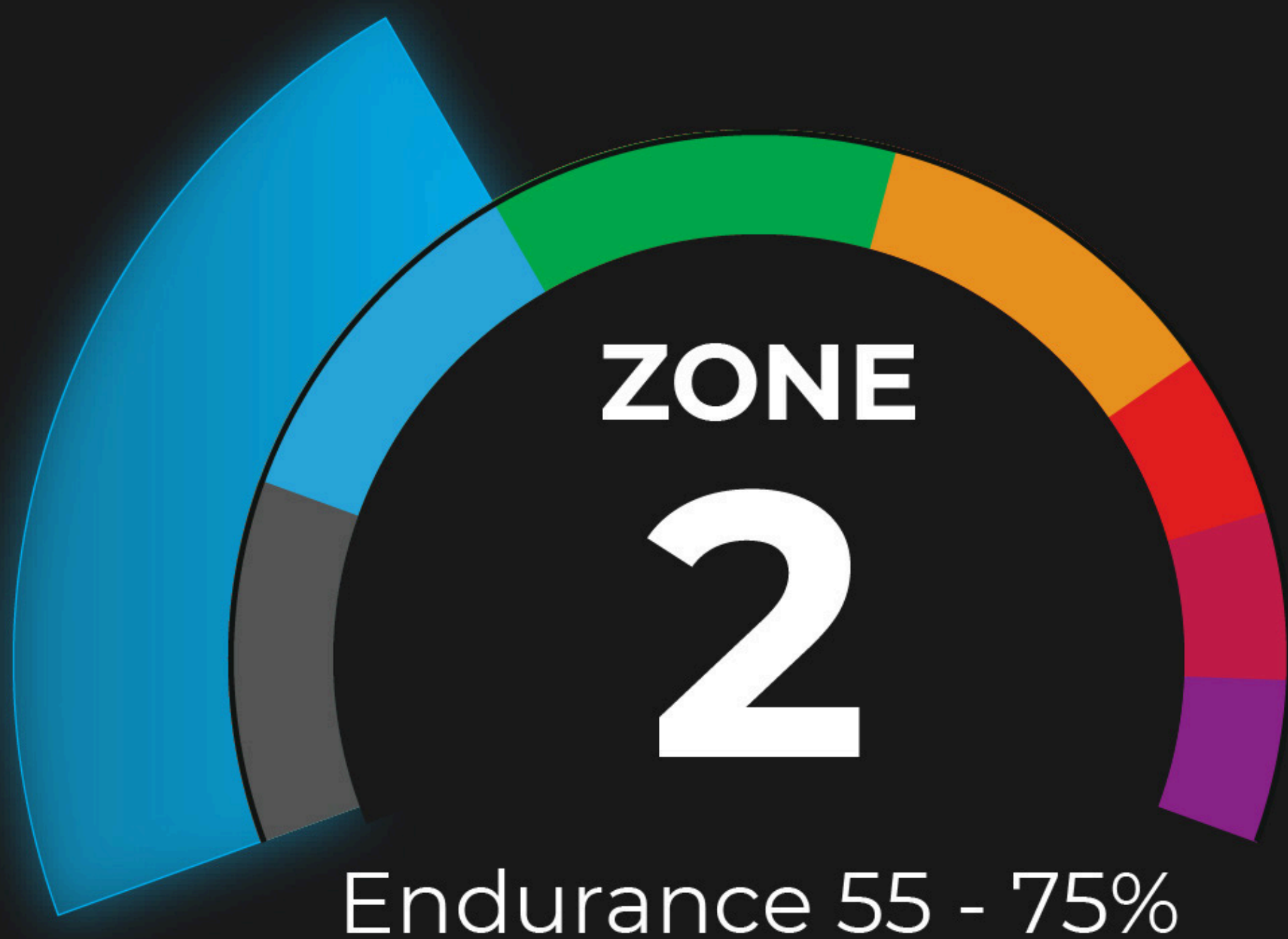
Zone: 1

Time: 03:00

Speed: 65-75

Seated Position

Gear: 6 - 10



WARM UP 2

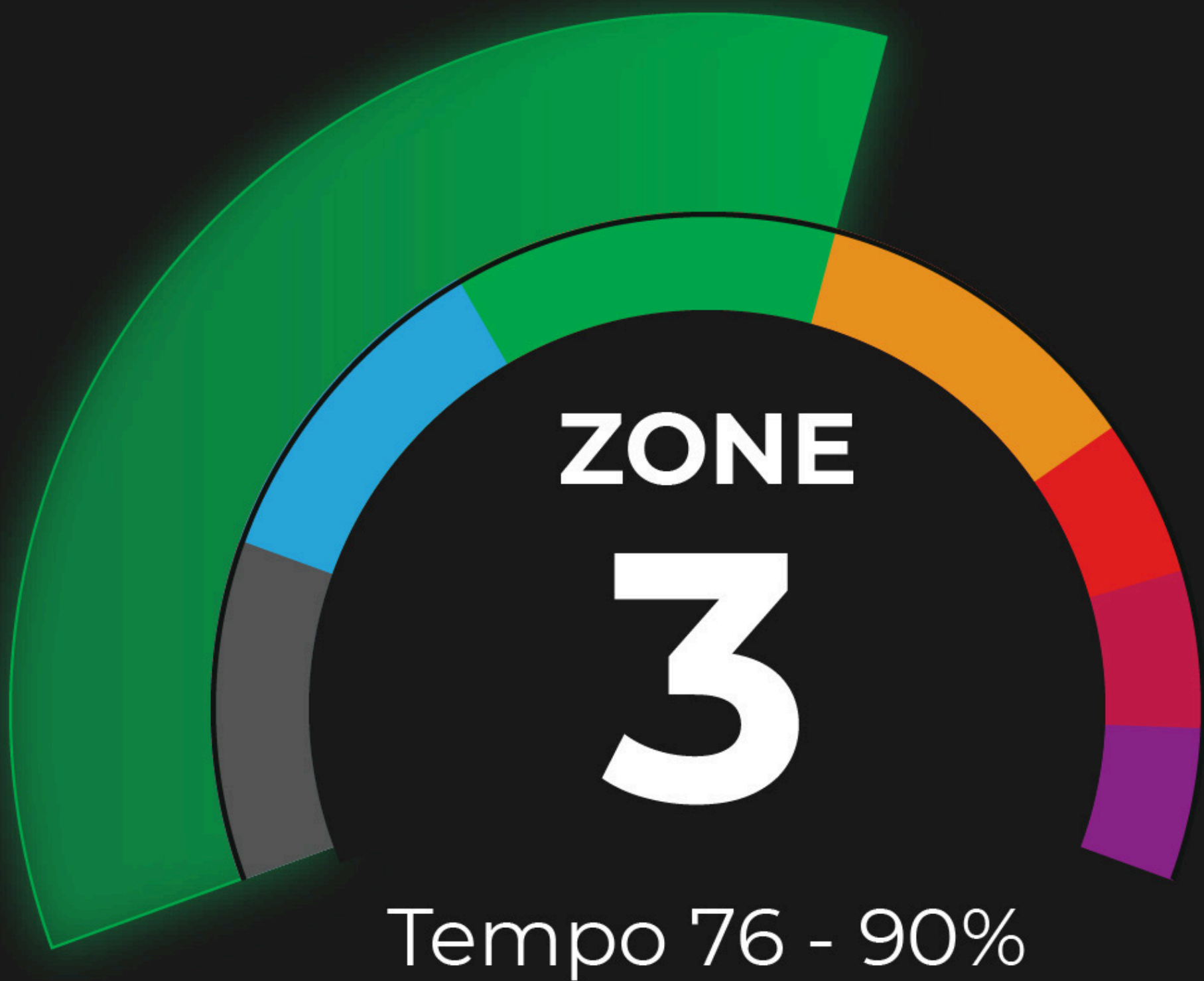
Zone: 2

Time: 02:00

Speed: 75 - 85

Stand Position

Gear: 8 - 12



ZONE 3

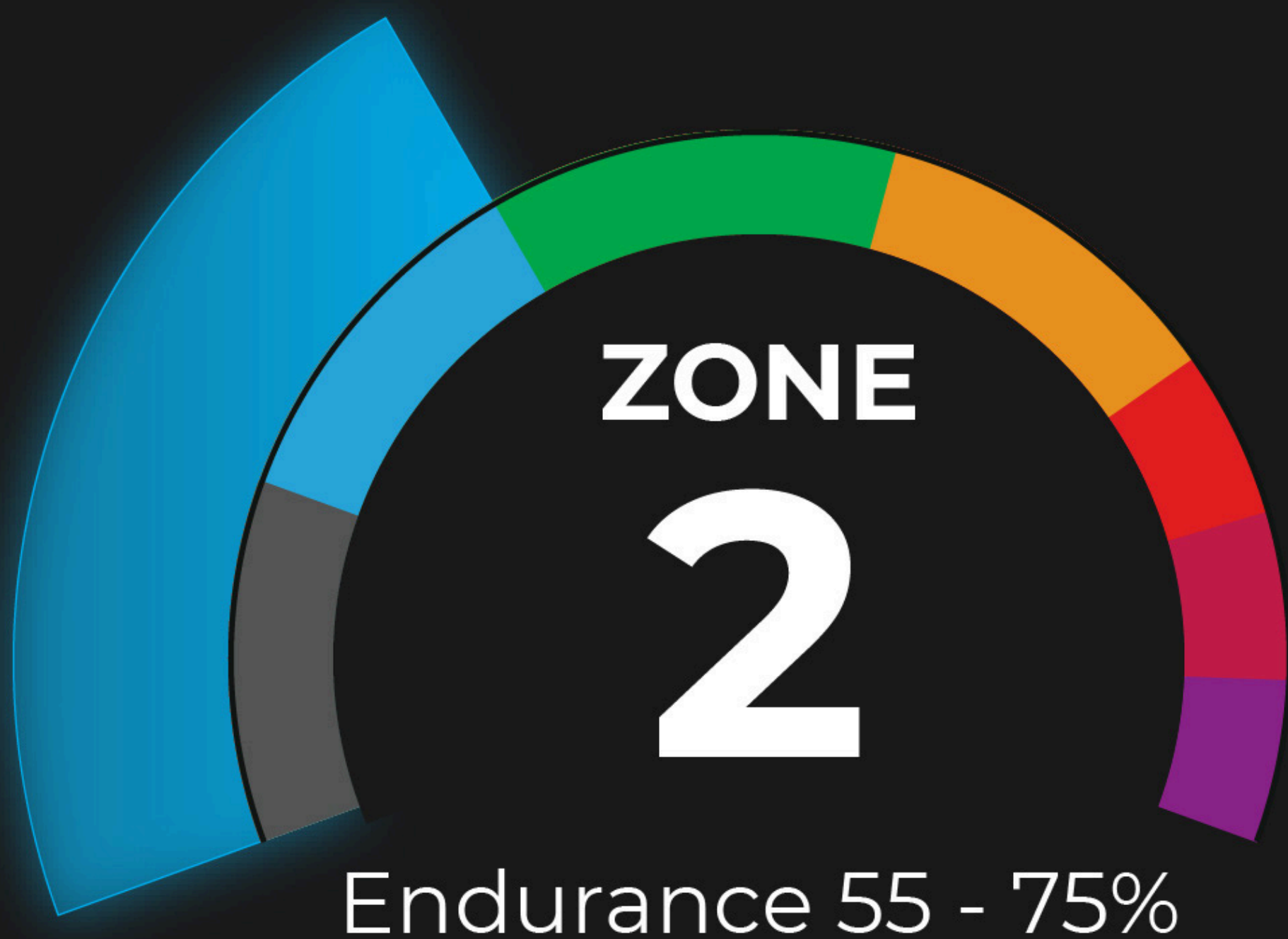
Zone: 3

Time: 05:00

Speed: 85-90

Seated Position

Gear: 10-14



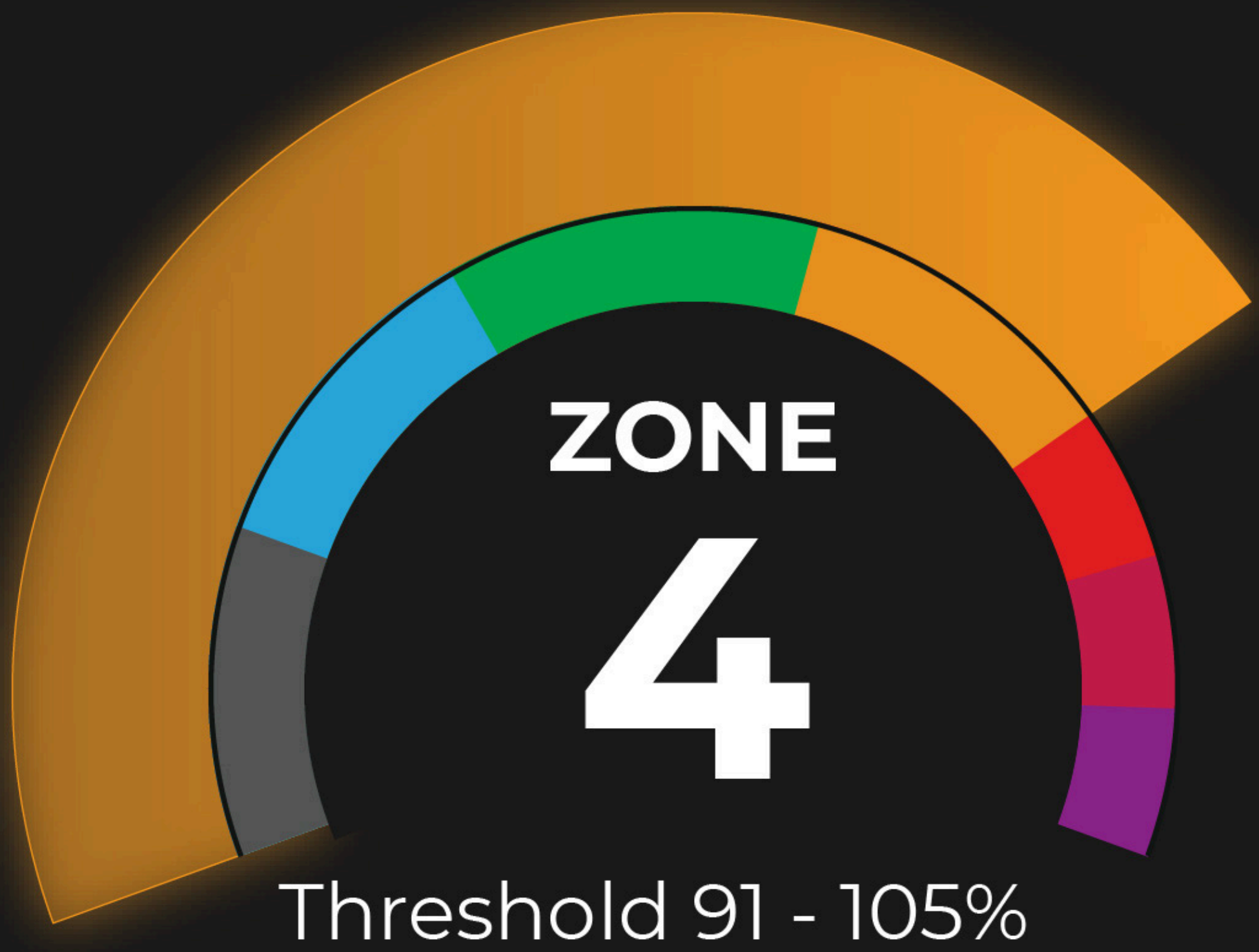
ACTIVE RECOVERY

Zone: 2

Time: 02:00

Speed: 70-75

Gear: 8 - 12



ZONE 4

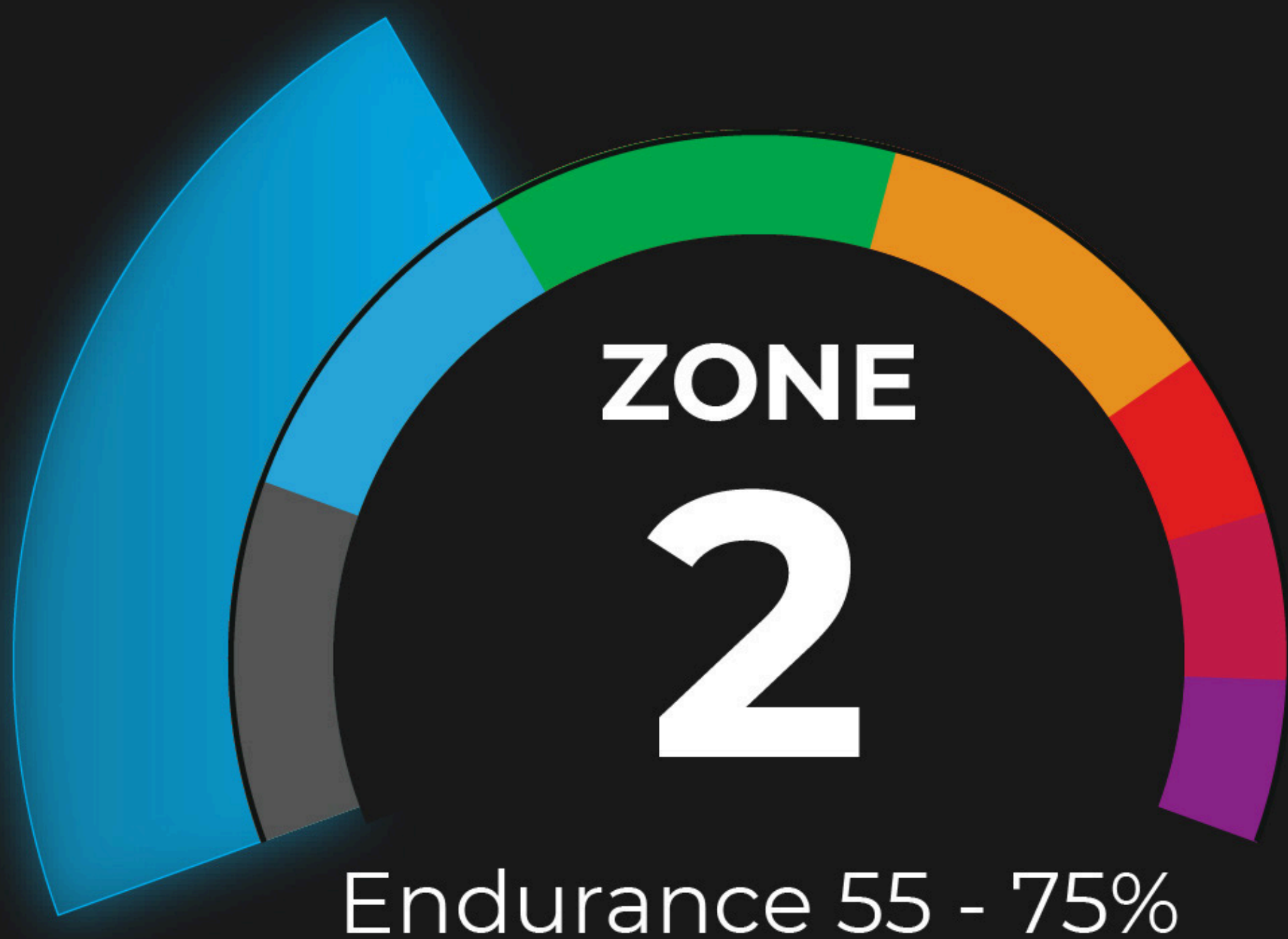
Zone: 4

Time: 3:00

Speed: 85-90

Seated Position

Gear: 14 - 18



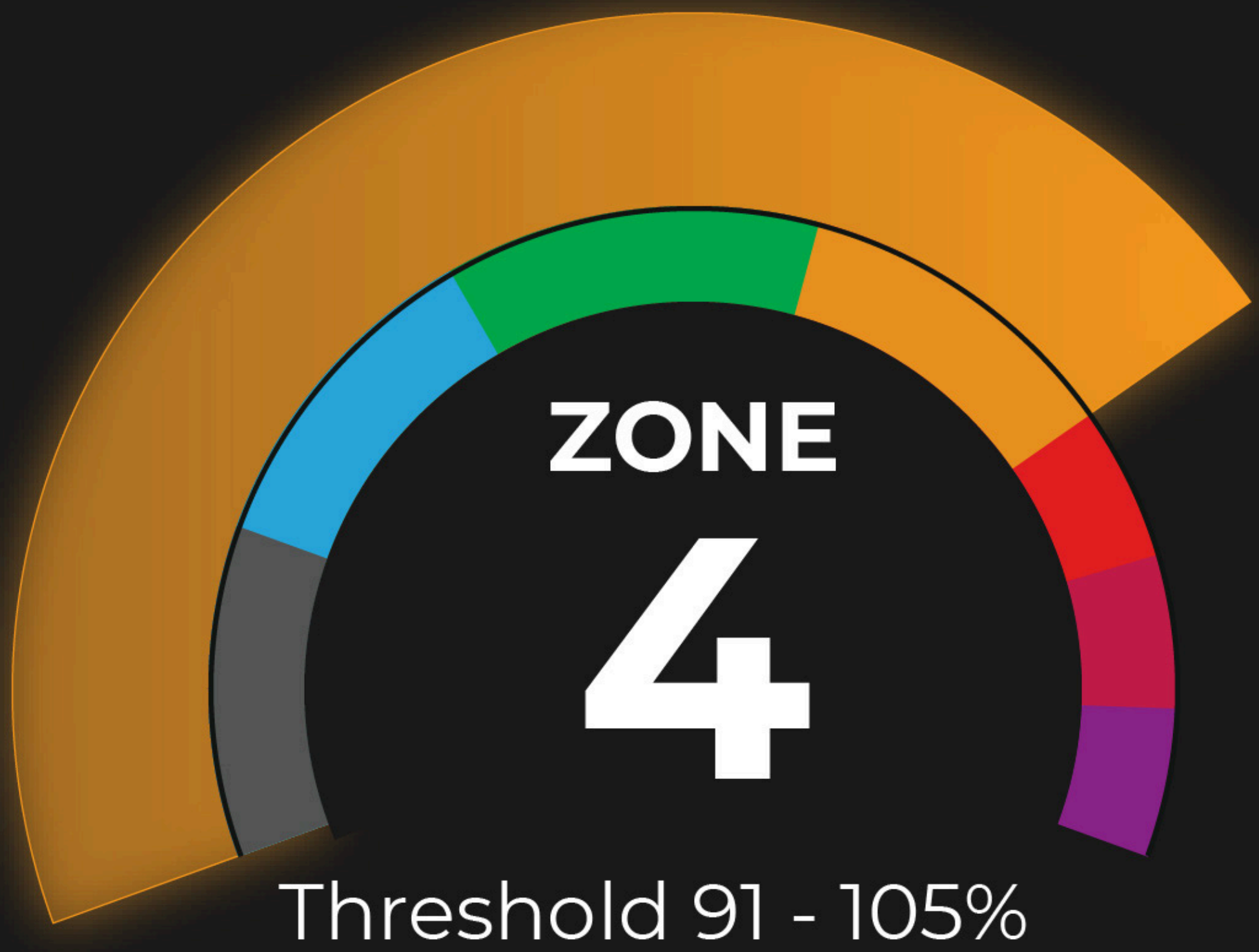
ACTIVE RECOVERY

Zone: 2

Time: 02:00

Speed: 70-75

Gear: 8 - 12



ZONE 4

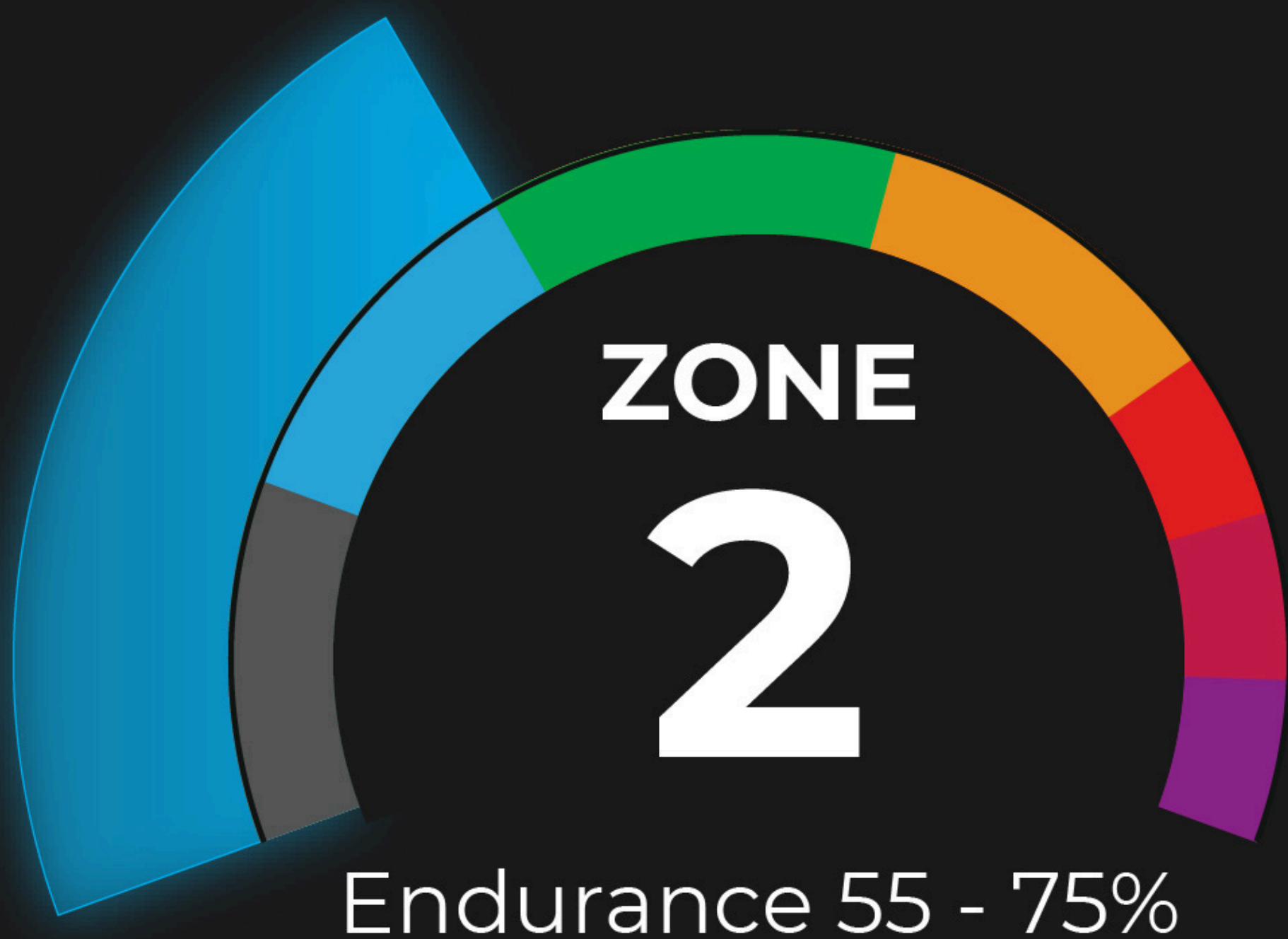
Zone: 4

Time: 3:00

Speed: 85-90

Seated Position

Gear: 14 - 18



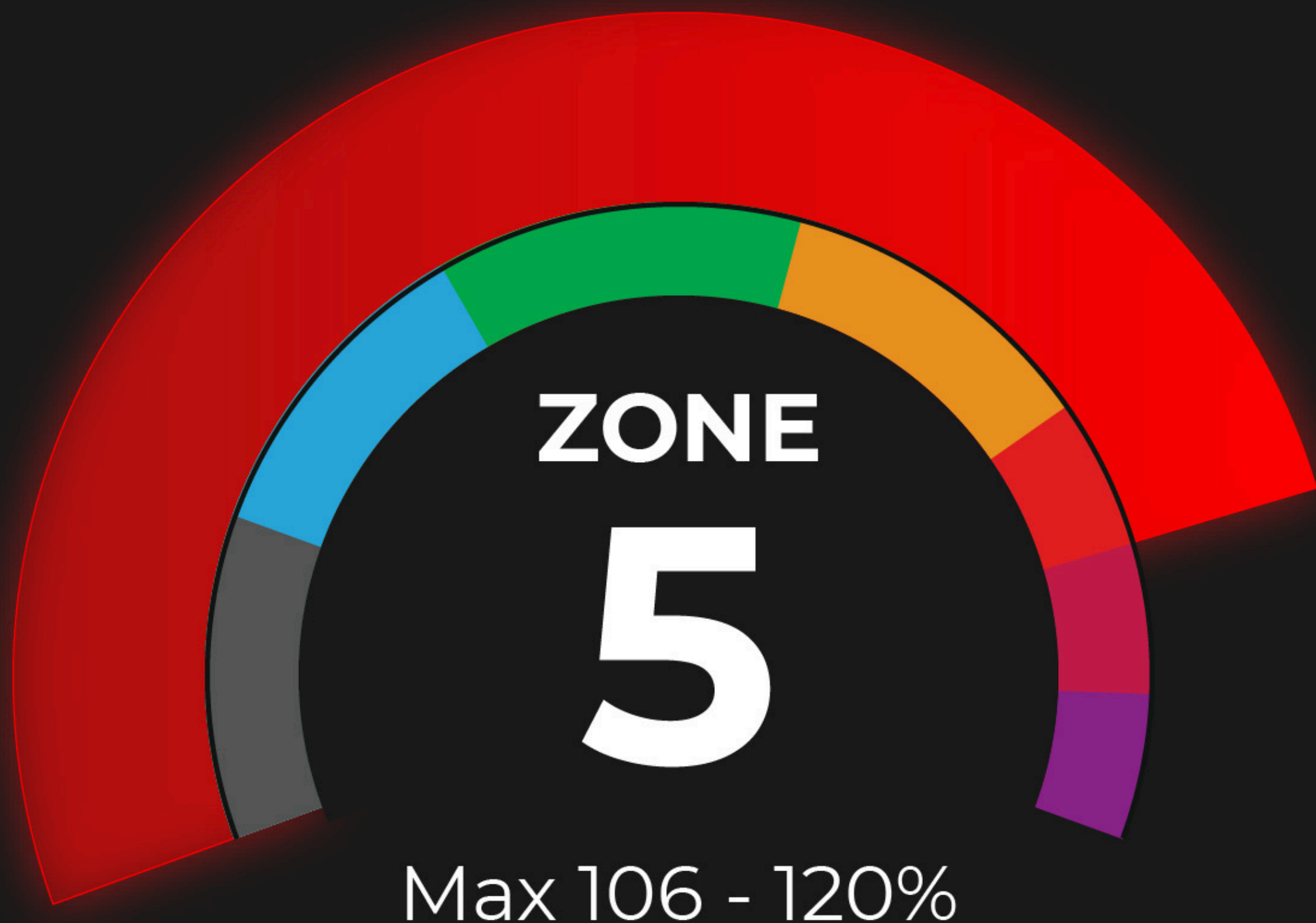
ACTIVE RECOVERY

Zone: 2

Time: 02:00

Speed: 70-75

Gear: 8 - 12



ZONE 5

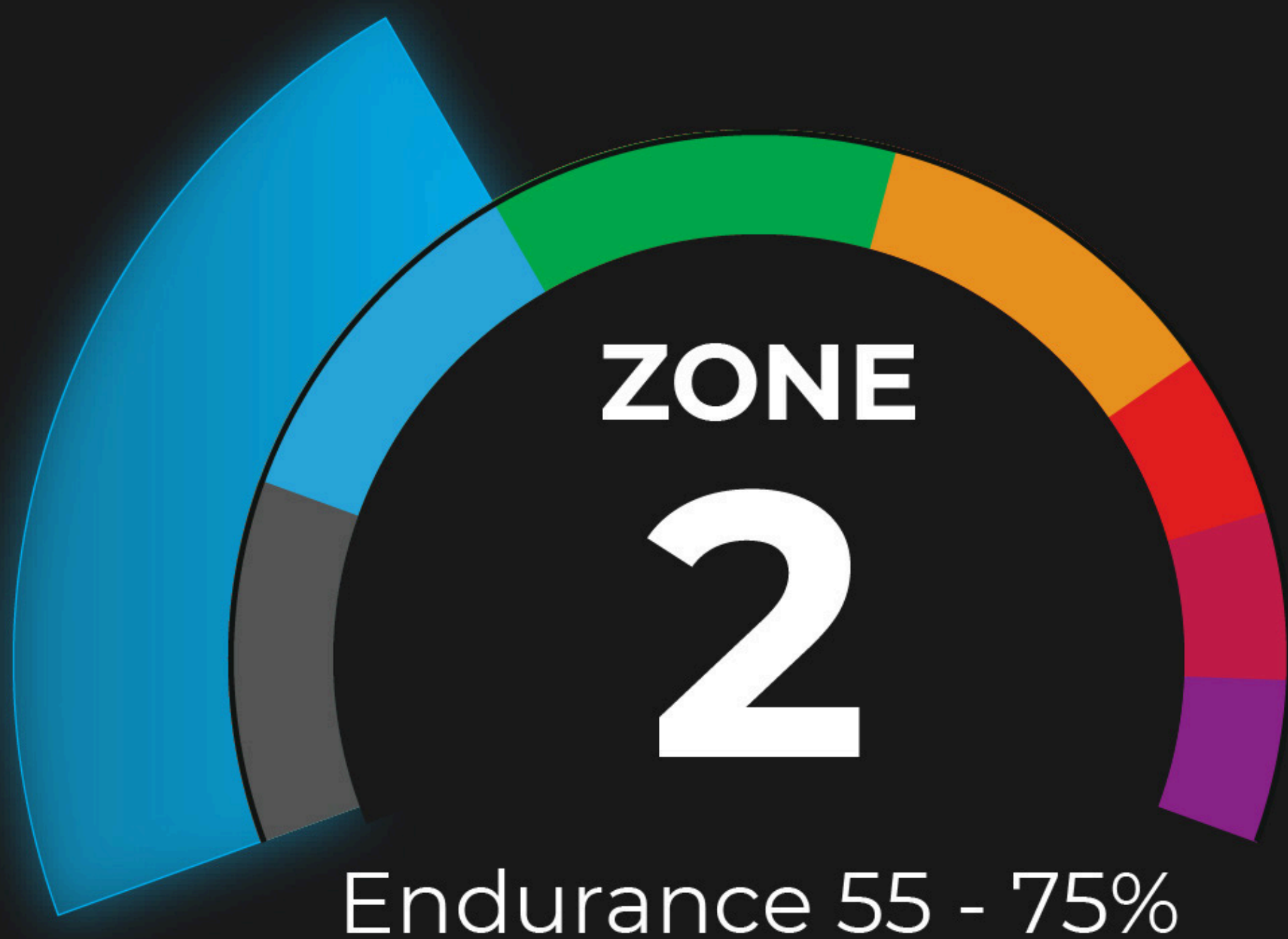
Zone: 4

Time: 3:00

Speed: 85-90

Seated Position

Gear: 14 - 18



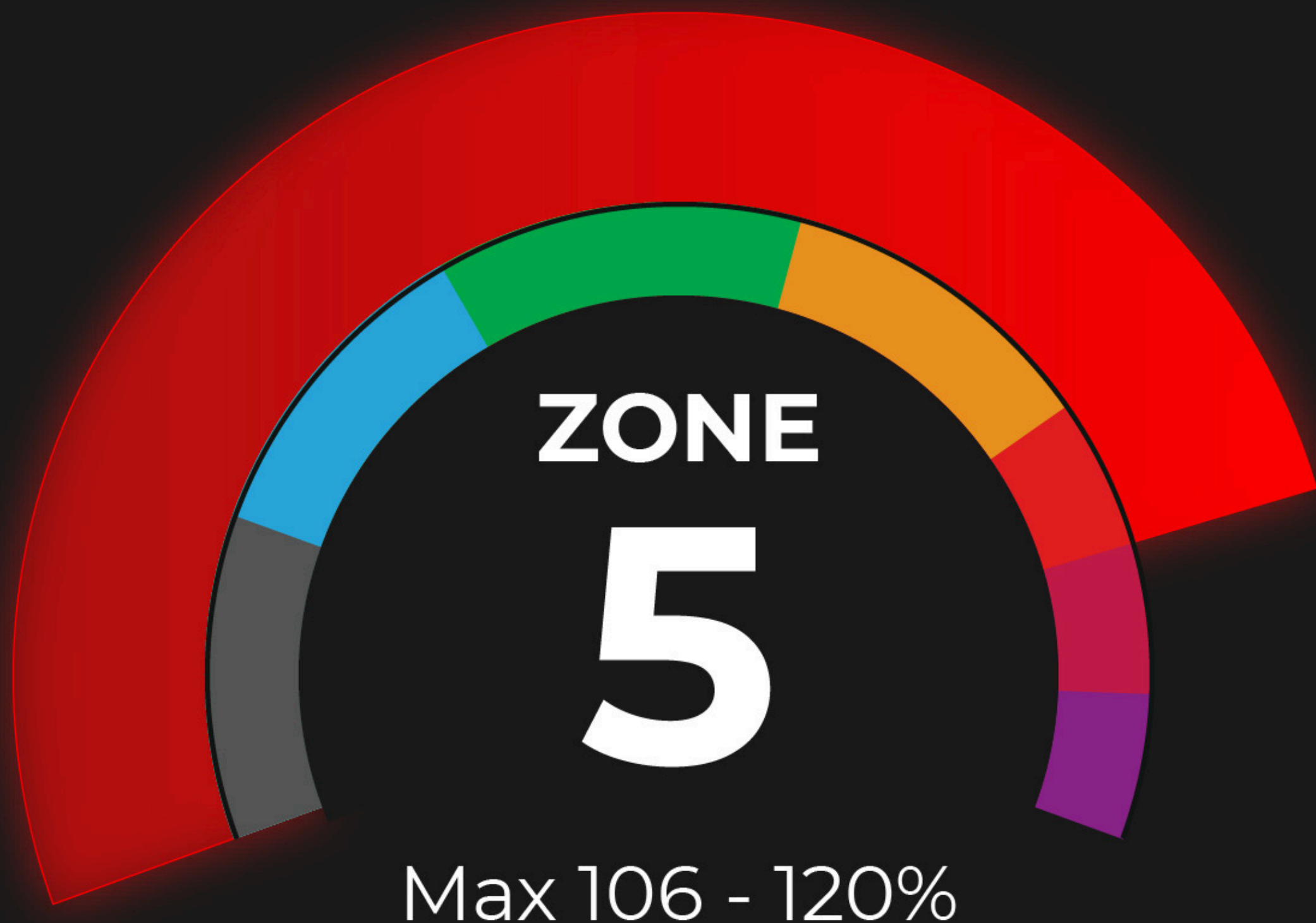
ACTIVE RECOVERY

Zone: 2

Time: 02:00

Speed: 70-75

Gear: 8 - 12



ZONE 5

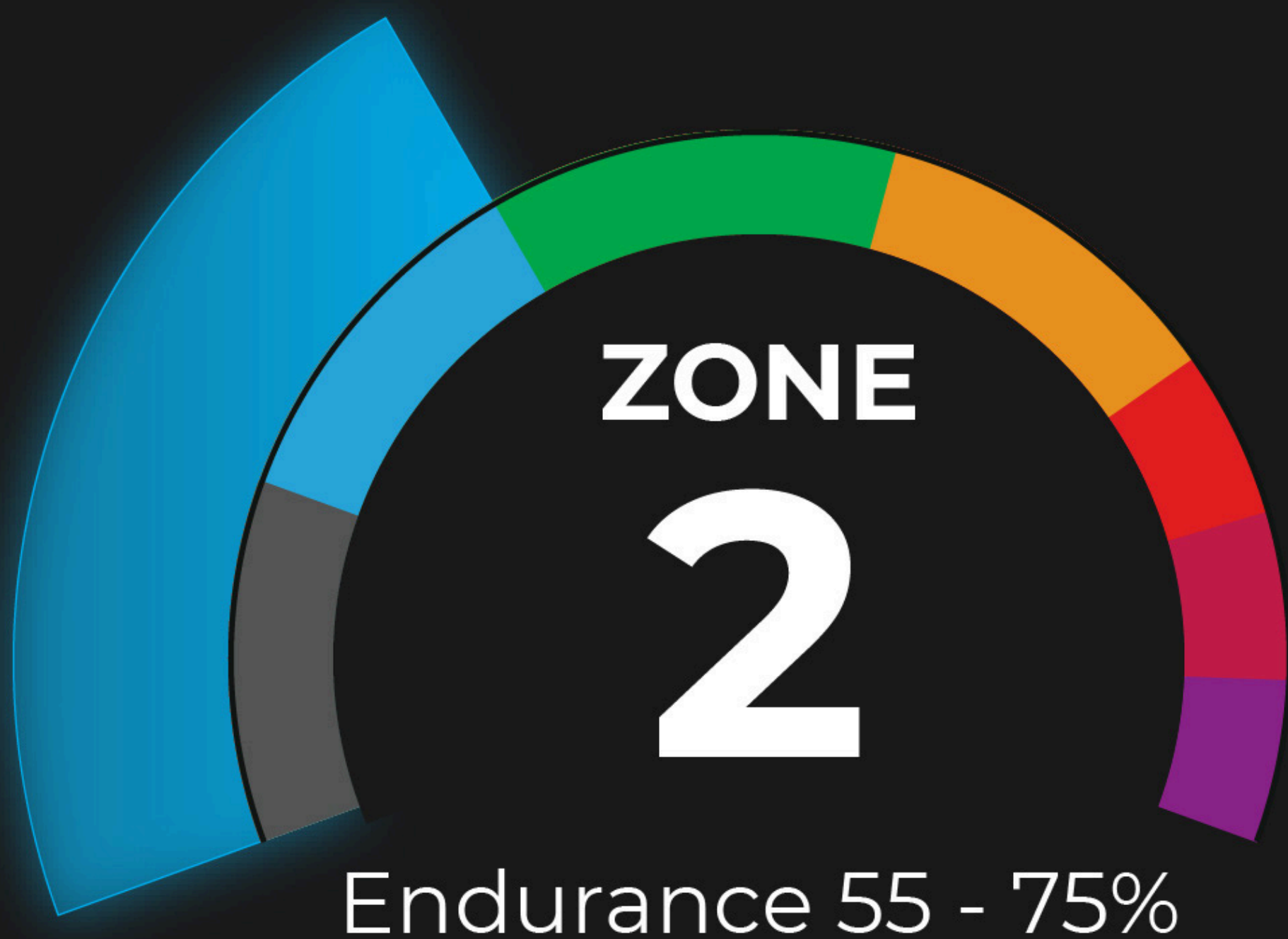
Zone: 4

Time: 3:00

Speed: 85-90

Seated Position

Gear: 14 - 18



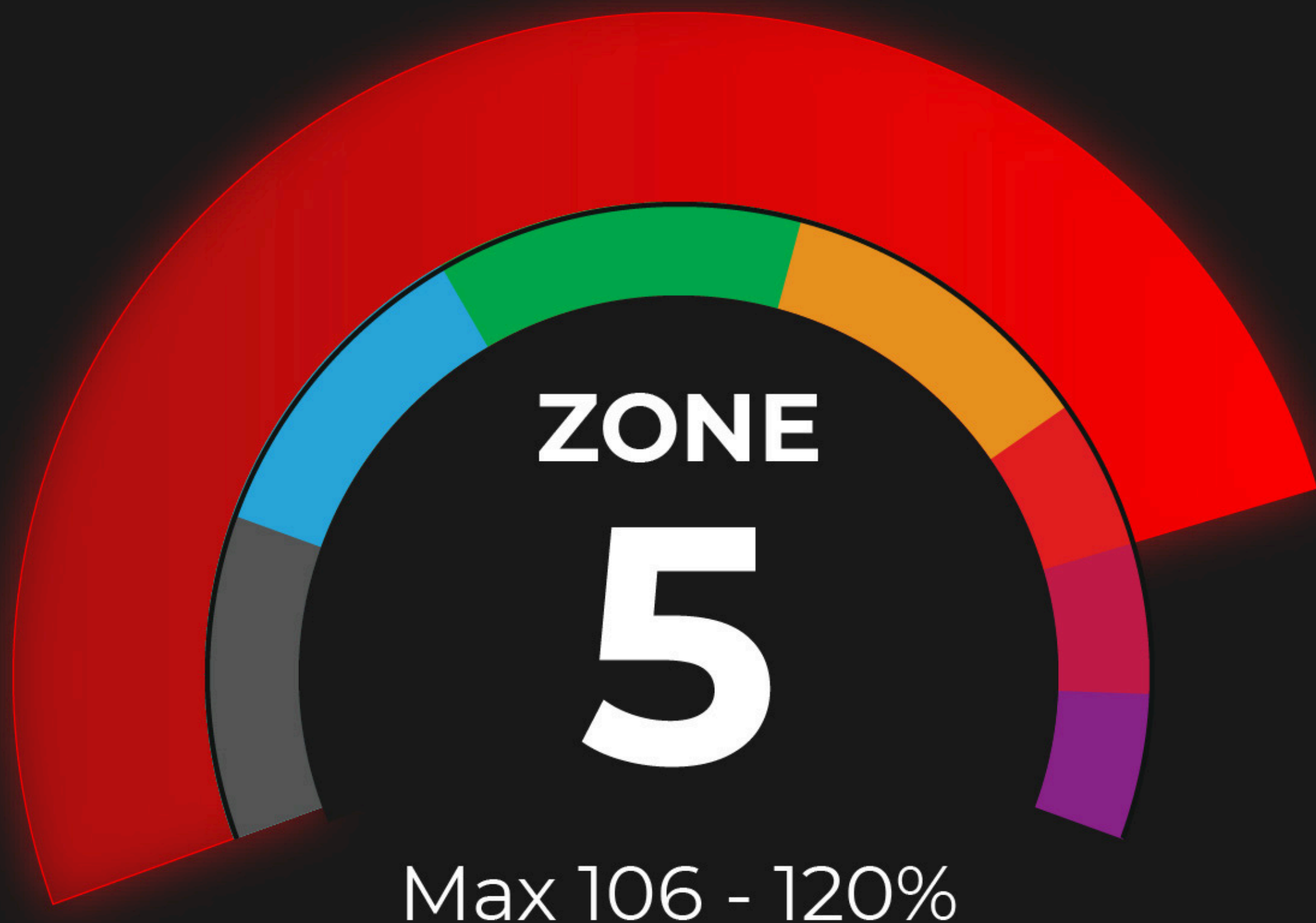
ACTIVE RECOVERY

Zone: 2

Time: 02:00

Speed: 70-75

Gear: 8 - 12



ZONE 5

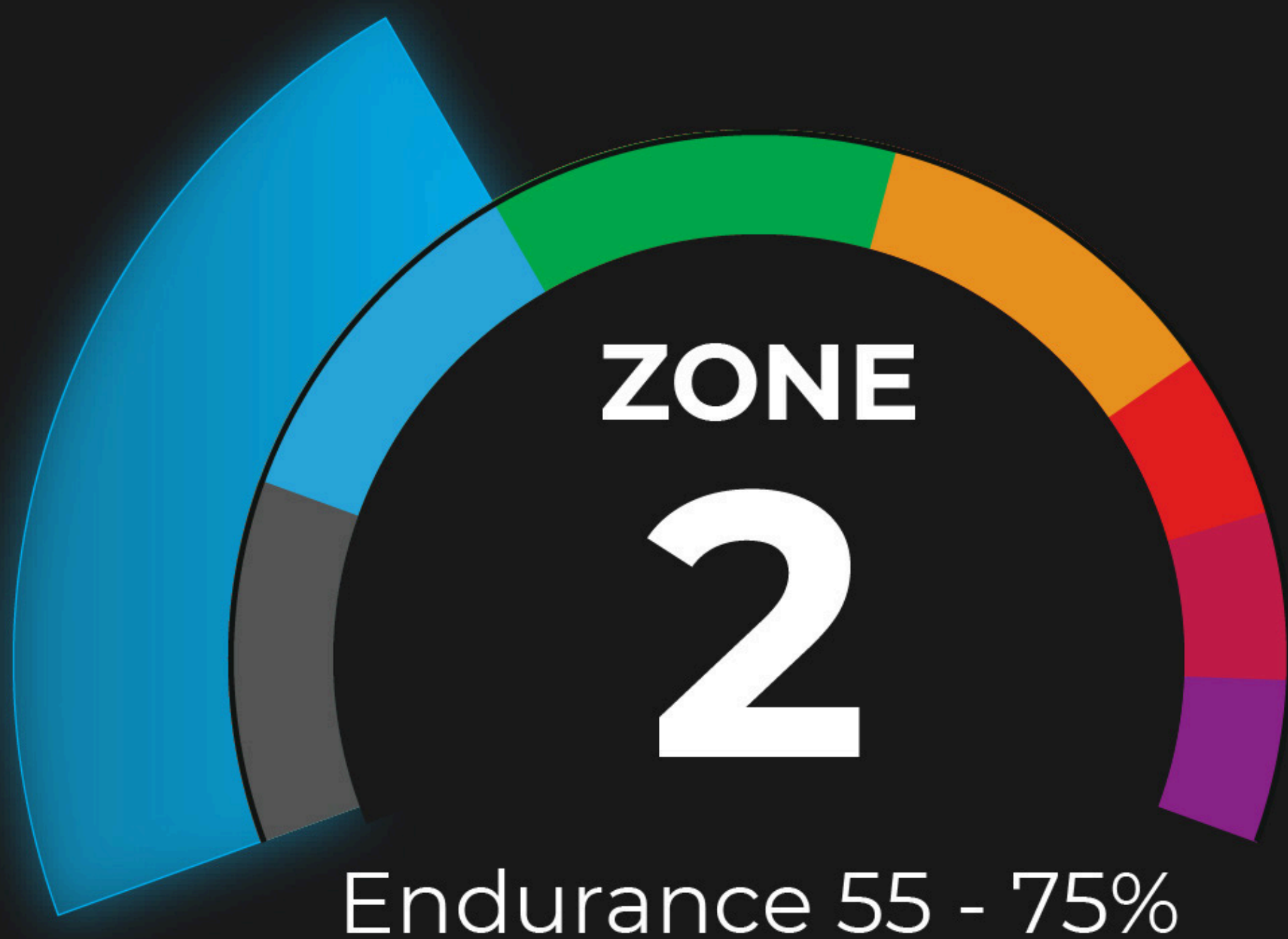
Zone: 4

Time: 3:00

Speed: 85-90

Seated Position

Gear: 14 - 18



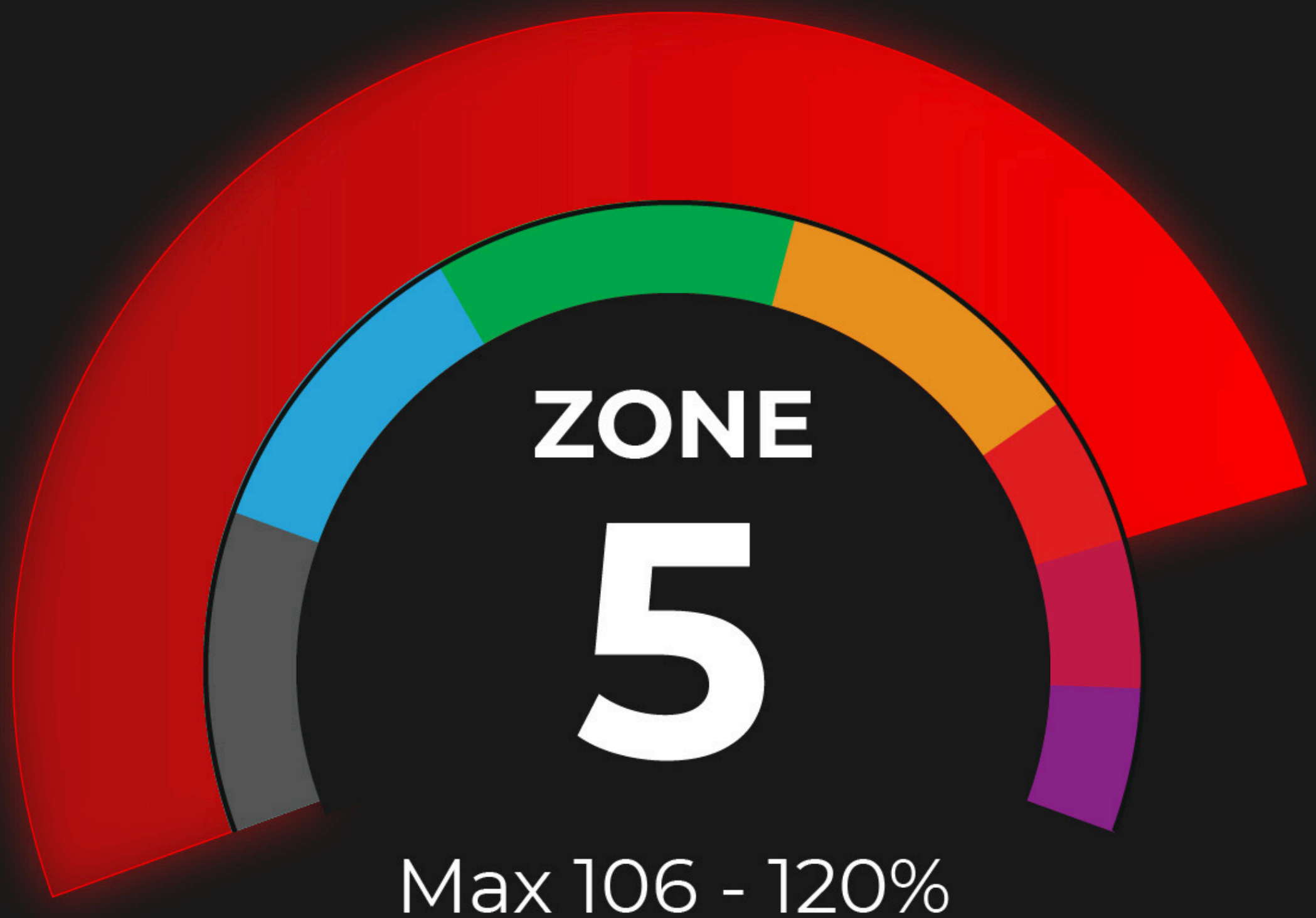
ACTIVE RECOVERY

Zone: 2

Time: 02:00

Speed: 70-75

Gear: 8 - 12



ZONE 5

Zone: 4

Time: 3:00

Speed: 85-90

Seated Position

Gear: 14 - 18



COOL DOWN

Zones: 1

Time: 02:30

Speed: 65 - 75

Seated Position

Gear: 6 - 10