

Pampy's Peloton September 2021 10 Stages in 14 Days	Time 40 minutes	Type Hill Repeats	Difficulty 7.5/10
--	---------------------------	-----------------------------	-----------------------------

STAGE 1

Split #	Time MIN	Cumulative Time	Gear 1-10	Cadence RPM	Intensity %
Warm up					
1	2-1 = 3 x 3 = 9	3, 6, 9	5	70-90	50-65
Priming					
2	2-1 = 3 x 2 = 6	12, 15	7 - 5	65-90	75-65
Main Set					
3	1-2-1 = 4 x 5	19, 23, 27, 31, 35	7.5 - 8.5 - 9.5	60- 50 - 45	80-85-90
Spin down					
4	1-1 = 2 x 2 = 4	39	6	80-95	70-80
5	1	40	5	80	50