

Pampy's Peloton September 2021 7 Stages in 7 Days	Time 40 minutes	Type Enduro	Difficulty 8/10
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STAGE 2

Split #	Time MIN	Cumulative Time	Gear 1-10	Cadence RPM	Intensity %
Warm up					
1	45 sec - 15 sec = 1 x 5 = 5	1, 2, 3, 4, 5	5	70 - 90	50>60
2	40 - sec - 20 sec = 1 x 5 = 5	6, 7, 8, 9, 10	6	70 - 90	60>70
Priming					
3	3 - 2 - 1 = 6 x 3 = 18	[13,15,16], [19,21,22] [25,27,28]	7	80 - 85 - 90	70>80
Main Set					
3	1 - 5 = 6 x 2	[29,34], [35,40]	4 - 7.5	50 - 90	80-85-90
Spin down					
4	1	41	4	80	70-80