

Pampy's Peloton September 2021 7 Stages in 7 Days	Time 40 minutes	Type Hill Repeats	Difficulty 7.5/10
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STAGE 4

Split #	Time MIN	Cumulative Time	Gear 1-10	Cadence RPM	Intensity %
Warm up					
1	2-2-2	2, 4, 6	5, 6, 7	80	50 - 65
2	30/30 = 1 x 4	7, 8, 9, 10	6	70 - 100	65 - 70
Priming					
3	1 - 2 = 3 x 3 = 9	13,16,19	6 - 8	70 - 50	75-85
Main Set					
4	1 - 3 (last 10 sec spikes min) = 4 x 4	23, 27, 31, 35, 39	5 - 8.5	80 - 50	70 -95
Spin down					
5	1	40	5	70	65