

Pampy's Peloton September 2021 7 Stages in 7 Days	Time 40 minutes	Type Enduro	Difficulty 8.5/10
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STAGE 5

Split #	Time MIN	Cumulative Time	Gear 1-10	Cadence RPM	Intensity %
Warm up					
1	2	2	5	80	60
2	45-15 = 1 x 7	3, 4, 5, 6, 7, 8, 9	6	75 - 105	65 -75
3	1	10	6	80	75
Priming					
3	3 - 1 = 4 x 3 = 12	14, 18, 22	7 - 5	90 - 60	90-75
Main Set					
4	5 - 1, 7 - 1	28, 36	7.5 - 5	90 - 50	90 -75
Spin down					
5	45-15 = 1 x 3	37, 38, 39	6	70 -95	75
6	1	40	5	70	65