



Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90-100	Warm up / Loose up
2	3	3	7	Bgx15	<80	3 times 30" spin ups* and 30" rest
3	4	1	8	Smx15		30-35 km/h
4	2	1	9	Smx15	90-100	
5	4	1	10	Smx14		30-35 km/h
6	1	1	11	Smx16	90-110	
7	4	1	12	Bgx16		30-35 km/h
8	1	2	14	Smx16	90-110	
9	3	3	17	Smx16	>80	3 times 30" spin ups and 30" rest
10	4	2	19	Bgx16		35-40 km/h
11	2	2	21	Smx16	110	
12	1	3	24	Smx16	80-100	3 times 30" ILS ** left leg only and 30" ILS right leg only
13	2	2	26	Smx16	110	
14	3	2	28	Bgx16	80-100	High speed!
15	1	4	32	Small	100-110	Cool down and stretch afterwards

Bg = Big ring in front

Sm = small ring in front

\* Spin Ups: Increase rpm gradually until maximum.

\*\* ILS: Isolated Leg Spin. Put other leg/foot on the back of the trainer or on a chair




Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	8	8	Small	90-100	Warm up / Loose up
2	2	4	12	Smx19	120-80	4 times 30" High rpm (120-130) and 30" easy (80 rpm).
3	4	2	14	Smx17	80	30-35 km/h
4	2	2	16	Smx19	110	
5	4	2	18	Smx15	80	
6	2	3	21	Sm19	110	
7	4	4	25	Bgx17	80	
8	2	3	28	Smx21	110	
9	3	2	30	Bgx17	90	
10	2	2	32	Smx21	110	
11	4	1	33	Smx19	120-80	4 times 30" High rpm (120-130) and 30" easy (80 rpm).
12	3	2	35	Bgx16	60	60 rpm and stan on your pedals.
13	2	2	37	Smx16	110	Easy spin
14	5	1	38	Bgx14	60	60 rpm and stan on your pedals.
15	1	5	43	Small	90/100	Cool down and stretch afterwards

Bg = Big ring in front

Sm = small ring in front



Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	8	8	Small	95+	Warm up / Loose up
2	4	4	12	Bgx19	80+	2 times 1' hard (40-50 km/h) and 1' rest
3	3	2	14	Smx17	90+	30-35 km/h
4	4	2	16	Bgx19	90+	2 times 1' hard (40-50 km/h) and 1' rest
5	3	2	18	Smx15	80+	30-33 km/h
6	3	3	21	Smx21	110	keep high speed
7	2	4	25	Smx15	80-90	Easy spin
8	4	3	28	Smx20	110	keep high speed
9	3	2	30	Smx15	80-90	Easy spin
10	4	2	32	Smx19	110	keep high speed
11	3	1	33	Smx15	80-90	Easy spin
12	2	2	35	Smx16		4 times 30" spin ups* and 30" (90 rpm) rest
13	3	2	37	Smx19	80	4 times 30" ILS** left leg and 30" ILS right leg only
14	2	1	38	Bgx19	80-100	Easy spin
15	1	5	43	Small	90-100	Cool down and stretch afterwards

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\* Spin Ups: Increase rpm gradually until maximum.

\*\* ILS: Isolated Leg Spin. Put other leg/foot on the back of the trainer or on a chair



Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90/100	Easy warm up.
2	2	4	8	Small	90/100	Extended warm up, spin easy.
3	3	1	9	Small	90/100	Extended warm up, spin easy.
4	4	5	14	Smx17	95/105	
5	5	1	15	Smx17	90	
6	3	3	18	Smx19	100	
7	2	2	20	Smx19	110	
8	5	1	21	Bgx15	80	Keep seated, pedal slow
9	3	3	24	Bgx19	90	
10	6	3	27	Bgx17	70/80	
11	3	4	31	Smx19	100	
12	5	3	34	Bgx17	60	Keep seated, pedal slow
13	7	1	35	Bgx15	50	Keep seated, pedal slow
14	3	3	38	Smx17	100	
15	4	3	41	Smx17	100	
16	3	5	46	Smx17	100	
17	5	1	47	Bgx15	60	Keep seated, pedal slow
18	1	3	50	Smx19	100	
19	3	5	55	Small	90/100	Cool down
20	2	5	60	Small	90/100	Cool down and stretch afterwards

Bg = Big ring in front

Sm = small ring in front

\* Spin Ups: Increase rpm gradually until maximum.

\*\* ILS: Isolated Leg Spin. Put other leg/foot on the back of the trainer or on a chair



Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90/95	Easy warm up.
2	2	4	8	Small	95	Extended warm up, spin easy.
3	3	2	10	Small	100	Extended warm up, spin easy.
4	6	8	18	Smx17		Alternate 2' at 90 rpm and 2' at 110 rpm
5	3	3	21	Bgx19	80	
6	7	8	29	Smx17		Alternate 2' at 90 rpm and 2' at 110 rpm
7	3	3	32	Bgx19	90	
8	6	8	40	Smx17		
9	3	3	43	Bgx19	90	Alternate 2' at 90 rpm and 2' at 110 rpm
10	8	2	45	Bgx17	70	
11	3	5	50	Smx21	100/110	
12	5	5	55	Smx19	100	
13	3	2	57	Smx23	120+	
14	8	4	61	Ggx15	60	
15	6	4	65	Smx19	110+	
16	3	5	70	Small	90/100	Cool down
17	2	5	75	Small	90/100	Cool down and stretch afterwards

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\* Spin Ups: Increase rpm gradually until maximum.

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Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90/95	Easy warm up.
2	2	3	7	Small	95	Extended warm up, spin easy.
3	3	2	9	Small	100	Extended warm up, spin easy.
4	5	6	15	Smx21	90	
5	6	4	19	Smx20	90	
6	7	2	21	Bgx15	70	
7	4	5	26	Smx21	90	
8	5	4	30	Smx20	90	
9	6	2	32	Bgx15	70	
10	7	6	38	Smx21	90	
11	4	4	42	Smx20	90	
12	6	2	44	Bgx15	70	
13	8	6	50	Smx21	90	
14	4	4	54	Smx20	90	
15	5	2	56	Bgx15	70	
16	6	6	62	Smx21	90	
17	7	4	66	Smx20	90	
18	4	2	68	Bg15	70	
19	6	6	74	Smx21	90	
20	8	4	78	Smx20	90	
21	2	2	80	Bgx15	70	
22	4	5	85	Small	90/100	Cool down
23	3	5	90	Small	90/100	Cool down and stretch afterwards

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\* Spin Ups: Increase rpm gradually until maximum.

\*\* ILS: Isolated Leg Spin. Put other leg/foot on the back of the trainer or on a chair




Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90-95	Easy warm up, spinning!
2	2	4	8	Small	95	Extended warm up
3	3	2	10	Small	100	Extended warm up
4	2	5	15	Smx17	80	
5	3	4	19	Smx17	90	
6	1	3	22	Smx19	100	
7	2	2	24	Smx19	110	
8	1	1	25	Smx21	115	
9	2	5	30	Bgx18	90	
10	3	4	34	Bgx18	80	
11	1	3	37	Bgx16	70	
12	2	2	39	Bgx16	60	
13	4	1	40	Bgx16	50	stay seated
14	1	5	45	Smx17	100	
15	3	4	49	Smc17	100	
16	4	3	52	Smx17	100	
17	3	2	54	Smx19	100	
18	2	1	55	Smx19	100	
19	1	10	65	Small	90-100	Cool down and stretch afterwards.

Bg = Big ring in front

Sm = small ring in front



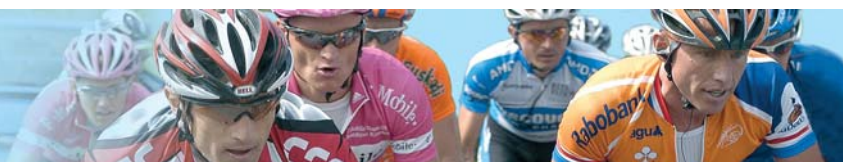

Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90-95	Easy warm up, spinning!
2	2	4	8	Small	95	Extended warm up
3	3	2	10	Small	100	Extended warm up
4	2	4	14	Smx17	100	
5	1	4	18	Smx15	100	
6	3	4	22	Smx15	90	
7	2	10	32	Smx15		Alternate 30" 120 rpm and 30" 80 rpm
8	3	4	36	Bgx19	80	
9	2	4	40	Bgx19	80	
10	4	4	44	Smx17	90	
11	2	10	54	Bgx17		Alternate 30" 120 rpm and 30" 80 rpm
12	4	2	56	Small	100	Cool down
13	3	4	60	Small	95	Cool down
14	1	4	64	Small	90-95	Cool down

Bg = Big ring in front

Sm = small ring in front



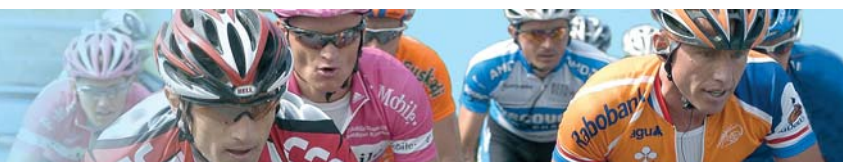
# Tacx



Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	4	4	Small	90-95	Easy warm up, spinning!
2	2	4	8	Small	95	Extended warm up
3	1	2	10	Small	100	Extended warm up
4	2	2	12	Smx21	90	
5	2	2	14	Smx20	90	
6	2	2	16	Smx19	90	
7	2	2	18	Smx18	90	
8	2	2	20	Smx17	90	
9	2	2	22	Smx16	90	
10	2	2	24	Smx15	90	
11	3	2	26	Smx16	100	
12	1	2	28	Smx17	100	
13	3	2	30	Smx16	100	
14	1	2	32	Smx18	100	
15	3	2	34	Smx19	100	
16	1	2	36	Smx20	100	
17	3	2	38	Smx21	100	
18	1	3	41	Bgx18	90	
19	3	3	44	Bgx18	90	
20	2	1	45	Bgx18	100	
21	4	2	47	Bgx18	110	
22	2	5	52	Bgx17	90	Hands in the drops-aero position-concentrate!
23	4	2	54	Smx19	100	
24	2	1	55	Smx19	100	
25	1	10	65	Small	90-100	Cool down and stretch afterwards.

Bg = Big ring in front

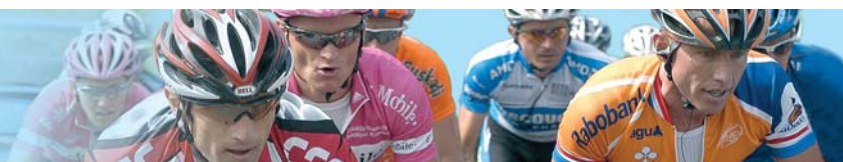
Sm = small ring in front

Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	90-95	Easy warm up, spinning!
2	2	5	10	Small	95	Extended warm up
3	3	5	15	Small	100	Extended warm up
4	4	3	18	Smx23	90/95	
5	5	3	21	Smx21	90/95	
6	3	3	24	Smx19	90/95	
7	4	3	27	Smx17	90/95	
8	2	3	30	Smx15	90/95	
9	1	5	35	Bgx19	80/85	Ride easy.
10	2	9	44		90	Start in your smallest gear for 1'. Shift up one gear every minute and stay at 90 rpm.
11	4	6	50	Bgx17		alternate 1' 70 rpm and 1' 90 rpm
12	3	5	55	Small	100	Cool down
13	2	5	60	Small	100+	Cool down and stretch

Bg = Big ring in front

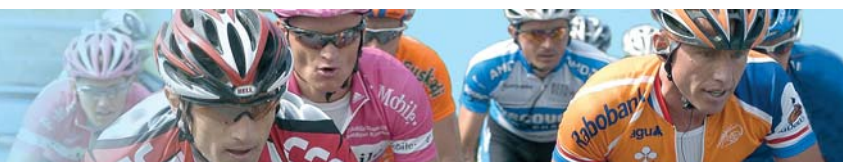
Sm = small ring in front

Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	90-95	Easy warm up, spinning!
2	2	4	9	Small	95	Extended warm up
3	3	4	13	Small	100	Extended warm up
4	2	5	18	42x19		1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm and 1' at 110rpm
5	3	3	21	52x19	90	Ride easy
6	4	5	26	42x17		1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm and 1' at 110rpm
7	3	3	29	52x19	90	Ride easy
8	4	5	34	42x15		1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm and 1' at 110rpm
9	2	3	37	52x19	90	Ride easy
10	4	6	43	52x17		2' at 80 rpm and 2' at 90 rpm and 2' at 100 rpm
11	3	5	48	52x19		1' at 60rpm and 1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm
12	2	3	51	42x19	100+	Ride easy
13	5	5	56	52x17		1' at 60rpm and 1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm
14	4	3	59	42x19	100+	Ride easy
15	3	5	64	52x17		1' at 60rpm and 1' at 70rpm and 1' at 80rpm and 1' at 90rpm and 1' at 100rpm
16	4	3	67	42x19	100+	Ride easy
17	2	4	71	Small	100	Cool down
18	1	4	75	Small	100+	Cool down and stretch

Bg = Big ring in front

Sm = small ring in front

Route	Slope	Time (min)	Cum-Time	Gear	rpm	Details
1	1	5	5	Small	90-95	Easy warm up, spinning!
2	2	5	10	Small	95	Extended warm up
3	1	5	15	Small	100	Extended warm up
4	3	1	16	42x21		Increase your rpm from 80 rpm first 15" to 110 rpm in the last 15".
5	4	1	17	42x20	105	
6	3	1	18	42x19	100	
7	2	1	19	42x18	90	
8	3	1	20	42x17	100	
9	4	1	21	42x16	105	
10	2	1	22	42x15	110	
11	3	4	26	42x16	100	Easy .
12	2	2	28	42x21		Increase your rpm from 80 rpm first 15" to 110 rpm in the last 15".
13	4	2	30	42x20	105	
14	3	2	32	42x19	100	
15	4	2	34	42x18	90	
16	2	2	36	42x17	100	
17	4	2	38	42x16	105	
18	3	2	40	42x15	110	
19	2	4	44	42x16	100	Easy .
20	4	3	47	42x21		Increase your rpm from 80 rpm first 15" to 110 rpm in the last 15".
21	2	3	50	42x20	105	
22	4	3	53	42x19	100	
23	2	3	56	42x18	90	
24	3	3	59	42x17	100	
25	5	3	62	42x16	105	
26	3	3	65	42x15	110	
27	2	5	70	Small	100	Cool down
28	1	5	75	Small	100+	Cool down and stretch

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