

Pampy's Peloton September 2021 7 Stages in 7 Days	Time 40 minutes	Type Intervals	Difficulty 9/10
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STAGE 3

Split #	Time MIN	Cumulative Time	Gear 1-10	Cadence RPM	Intensity %
Warm up					
1	1-1-1 = 3 x 3 = 9	1,2,3,4,5,6,7,8,9	5	70 - 85 - 100	50 - 65
2	1	10	5	50	65
Priming					
3	1 - 30s/30s = 2 x 4 = 8	11,12,13,14,15,16,17,18	7	80 - 90 - 110	80>90
Main Set					
4	2 - 30/30 = 3 x 5	21, 24, 27, 30, 33, 36	5 - 8	60 - 100 - 120	70 -95
Spin down					
5	1	37	3	50	75
6	2	39	6	85	85
7	1	40	4	60	<70