

<b>Pampy's Peloton</b> <b>September 2021</b> <b>7 Stages in 7 Days</b>	<b>Time</b> 40 minutes	<b>Type</b> Intervals	<b>Difficulty</b> 9.5/10
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## STAGE 6

Split #	Time MIN	Cumulative Time	Gear 1-10	Cadence RPM	Intensity %
Warm up					
1	5	5	6	80	65
2	15-15 = 30 x 10 = 4	6, 7, 8, 9	6	80 - 110	75
3	1	10	6	70	70
Priming					
4	40-20/1 = 2 x 5 = 10	11, 12, 13, 14, 15, 16, 17, 18, 19,20	7.5	100 - 100 - 70	90> - 80
Main Set					
5	30-30-30 / 1 = 2.30 x 6	22.30, 25, 27.30, 30, 32.30, 35	7.5 - 3	100 - 110 - 120+/ 70	95 - 50
Spin down					
5	3	38	6	80	80
6	2	40	5	85	75