

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

Split #	Time MIN	Cumulative Time	Gear 1-10	Cadence RPM	Intensity %
Warm up					
1	2 - 3 - 2 - 3	2, 4, 6, 8, 10	5, 5, 6, 6	80 -100	65 - 75
Priming					
2	1 - 1 -1 = 3 x 5 = 15	13, 16, 19, 22, 25	7, 8, 9	60	85 -90
Main Set					
4	1 -1 -1 = 3 x 4	28, 31, 34, 37	7.5	80 - 100 - 120	90 - 95
Spin down					
5	2	39	4	85	75
6	1	40	5	70	65