

Name: **STR 01 V2** Ride Type: **STRENGTH**

Song	Title	Start	Profile		Notes
1	Teen Daze	00:00	<input type="checkbox"/> <65%		Stretch, goals, speech, etc.
2	Dreams	05:03	<input type="checkbox"/> <65% → <input type="checkbox"/> 65%		Pedal stroke drills.
3	Whole Lotta Love	10:00	<input checked="" type="checkbox"/> 75% → <input type="checkbox"/> 80%	<input type="checkbox"/> 80%	Seated climb 45sec / Run 15sec +R @ 60 x 6
		16:00	<input checked="" type="checkbox"/> 80% ↔ <input type="checkbox"/> 85%	<input type="checkbox"/> 85%	Standing climb 30sec / Jumps 30sec x1
4	51 st State of the USA	17:00	<input checked="" type="checkbox"/> 75% → <input type="checkbox"/> 80%	<input type="checkbox"/> 80%	Seated climb 45sec / Run 15sec +R @ 60 x 5
		22:00	<input checked="" type="checkbox"/> 80% ↔ <input type="checkbox"/> 85%	<input type="checkbox"/> 85%	Standing climb 30sec / Jumps 30sec x 2
5	Hurt	24:00	<input checked="" type="checkbox"/> 75% → <input type="checkbox"/> 80%	<input type="checkbox"/> 80%	Seated climb 45sec / Run 15sec +R @ 60 x 4
		27:58	<input checked="" type="checkbox"/> 80% ↔ <input type="checkbox"/> 85%	<input type="checkbox"/> 85%	Standing climb 30sec / Jumps 30sec x3
7	Shut Up Brooklyn	31:09	<input checked="" type="checkbox"/> 75% → <input type="checkbox"/> 80%	<input type="checkbox"/> 80%	Seated climb 45sec / Run 15sec +R @ 60 x 3
8	I'm Gonna Make U Sweat	34:00	<input checked="" type="checkbox"/> 80% ↔ <input type="checkbox"/> 85%	<input type="checkbox"/> 85%	Standing climb 30sec / Jumps 30sec x4
		38:00	<input checked="" type="checkbox"/> 75% → <input type="checkbox"/> 80%	<input type="checkbox"/> 80%	Seated climb 45sec / Run 15sec +R @ 60 x 2
9	Vuja De	40:00	<input checked="" type="checkbox"/> 80% ↔ <input type="checkbox"/> 85%	<input type="checkbox"/> 85%	Standing climb 30sec / Jumps 30sec x5
		45:18	<input checked="" type="checkbox"/> 75% → <input type="checkbox"/> 80%	<input type="checkbox"/> 80%	Seated climb 45sec / Run 15sec +R @ 60 x 1
10	Put On The Red Light	46:18	<input checked="" type="checkbox"/> 80% ↔ <input type="checkbox"/> 85%	<input type="checkbox"/> 85%	Standing climb 30sec / Jumps 30sec x6
		52:23			Cool Down
11	So God To Soisbury Hill				

Ride description – One big hill broken down into 5 sections seat/standing
 Goal - Do exactly what you need to do.