

Name: **STR 01** 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% → 65%	Pedal stroke drills. 70%
3	Whole Lotta Love	10:00	<input checked="" type="checkbox"/> 75% → 80%	Seated climb +R @ 60 x 6
4	51 <sup>st</sup> State of the USA	16:00	<input checked="" type="checkbox"/> 80% ↔ RPM 85%	Standing climb 30sec / RPM 30sec x1
		17:00	<input checked="" type="checkbox"/> 75% → 80%	Seated climb +R @ 60 x 5
5	Hurt	22:00	<input checked="" type="checkbox"/> 80% ↔ RPM 85%	Standing climb 30sec / RPM 30sec x 2
		24:00	<input checked="" type="checkbox"/> 75% → 80%	Seated climb +R @ 60 x 4
6	Rolling Stones vs Miss Kittin'	27:58	<input checked="" type="checkbox"/> 80% ↔ RPM 85%	Standing climb 30sec / RPM 30sec x3
7	Shut Up Brooklyn	31:09	<input checked="" type="checkbox"/> 75% → 80%	Seated climb +R @ 60 x 3
8	I'm Gonna Make U Sweat	34:00	<input checked="" type="checkbox"/> 80% ↔ RPM 85%	Standing climb 30sec / RPM 30sec x4
9	VuJa De	38:00	<input checked="" type="checkbox"/> 75% → 80%	Seated climb +R @ 60 x 2
		40:00	<input checked="" type="checkbox"/> 80% ↔ RPM 85%	Standing climb 30sec / RPM 30sec x5
10	Put On The Red Light	45:18	<input checked="" type="checkbox"/> 75% → 80%	Seated climb +R @ 60 x 1
		46:18	<input checked="" type="checkbox"/> 80% ↔ RPM 85%	Standing climb 30sec / RPM 30sec x6
	So God To Soisbury Hill	52:23	Cool Down	

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