

Trainer simulation ride based on REV3 Quassy bike profile...

10 minutes

- Miles 1-4
- Easy, downhill – fast spin, easy gear

6 minutes

- Miles 4-6
- Moderate climb
- 70 rpm

5 minutes

- Miles 6-8
- Moderate downhill – fast spin, easy gear

16 minutes

- Miles 8-14
- Moderate climb, with some rolling
- Shift gears to simulate slight undulation
- 70 rpm

2 minutes

- Mile 14-14.5 – fast spin, slight down hill
- 100+

9 minutes

- Miles 14.5-17.5
- Sort of flat road
- 85-90 rpm

15 minutes

- 17.5-23 miles
- Down hill
- 95+

9 minutes

- Miles 23-26
- Start a climb
- 70 rpm
- Moderate+

5 minutes

- Mile 26-27
- Heavy, heavy climb
- 60 rpm
- Standing

2 minutes

- Mile 27-28
- Still climbing
- Not as heavy
- Seated

- 60 -70 rpm

7 minutes

- Mile 28-31
- Mostly flat
- 85-90 rpm

2 minutes

- Mile 31-31.5
- Little climb
- 70 rpm

3 minutes

- Mile 31.5-33
- Little downhill
- 100+

24 minutes – rolling hills

- Miles 33-43
- 4x:
 - 3 minutes seated climb
 - 3 minutes 95+ cadence

11 minutes

- Miles 43-49
- Downhill
- 95+

7 minutes

- Miles 49-51.5
- Moderate climb
- 70 rpm, seated

5 minutes

- Miles 51.5-53
- Downhill
- 95-100

5 minutes

- Miles 53-54
- Moderate climb
- Standing (shake the legs out)

7 minutes

- Miles 54-56.2
- Mostly flat, some rollers
- 85-90 rpm