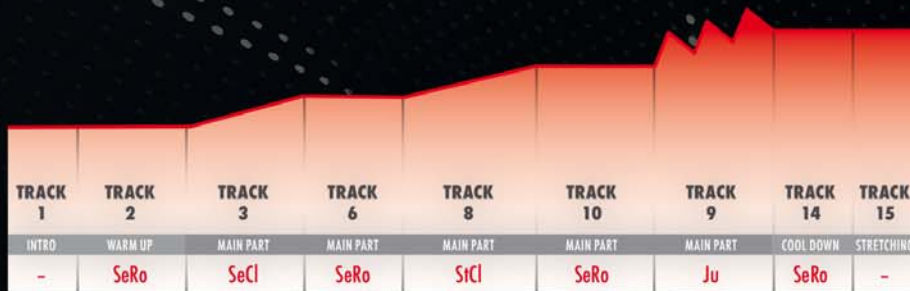


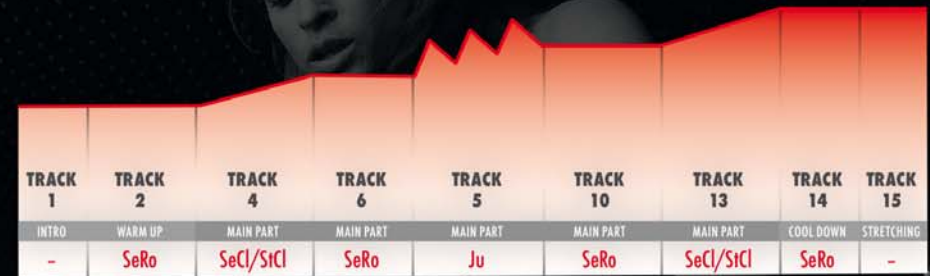
STRECKENPROFIL LEVEL 1

SPORTS INTERVALL EXTENSIV (LZI) 1:1 (65-85% HF^{MAX} / 60-95% FTP)



STRECKENPROFIL LEVEL 2

SPORTS INTERVALL EXTENSIV (LZI) 2:1 (65-85% HF^{MAX} / 60-95% FTP)



STRECKENPROFIL LEVEL 3

SPORTS ENDURANCE VARIABLE (65%-85% DER HF^{MAX} / 60%-95% FTP)



STRECKENPROFIL LEVEL 4

SPORTS CROSS FAHRTSPIEL (50%-100% DER HF^{MAX} / < 55 %-150 % FTP)

