

Pyramids

Original Author: Joey

Song Time: 4:50

1. (4:50)

Pyramids (Ft. Sanjin) - DVBBBS & Dropgun

0:00: Climb Dn Watts 1-2, hilltop race finish

Zone: H3 Cadence: 80-95 rpm RPE: 5

0:30: Build Up - switchback reach front

Zone: 4 Cadence: 60-75 rpm RPE: 7

0:44: Down for efficiency and pwr

Zone: 4 Cadence: 60-70 rpm RPE: 7

0:52: Climb Dn

Zone: 4 Cadence: 60-70 rpm RPE: 7

1:22: Build up - Last switchback

Zone: 4 Cadence: 60-75 rpm RPE: 7

1:37: Power Dn 65 - start attack big ring

Zone: 4 Cadence: 65-70 rpm RPE: 7

1:52: Power Dn 70 - breakaway

Zone: 4 Cadence: 68-73 rpm RPE: 7

2:07: Power Up 75 Sprint

Zone: 4 Cadence: 70-75 rpm RPE: 7

2:22: Release

Zone: 4 Cadence: 70-90 rpm RPE: 5

2:45: Come up B9

Zone: 4 Cadence: 60-70 rpm RPE: 7

3:00: Build B9

Zone: 4 Cadence: 60-75 rpm RPE: 7

3:15: Climb 65 Bass

Zone: 4 Cadence: 65-70 rpm RPE: 7

3:30: Climb B9 70 Hi Hat

Zone: 4 Cadence: 68-73 rpm RPE: 7

3:45: Climb B9 75 breathe

Zone: 4 Cadence: 70-75 rpm RPE: 7

4:00: Climb B9

Zone: 4 Cadence: 60-65 rpm RPE: 7

4:15: Build B9

Zone: 4 Cadence: 60-75 rpm RPE: 7

4:30: Climb B10

Zone: 4 Cadence: 60-70 rpm RPE: 7
