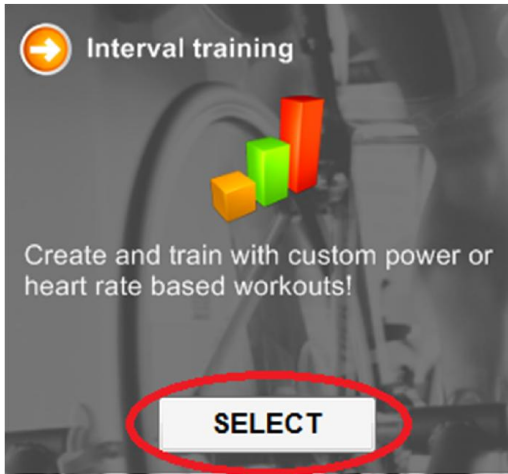
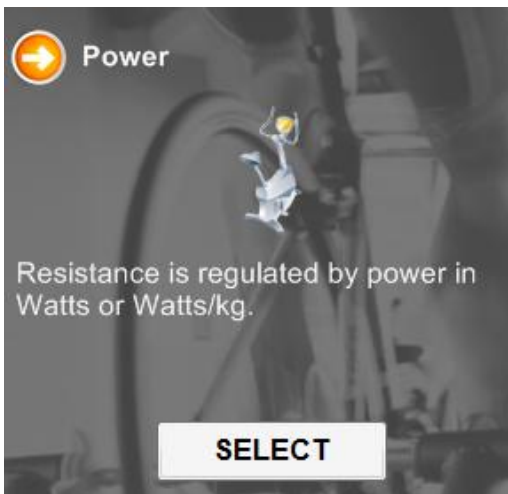


CVT Desktop Standard Operation Procedures
Creating and Riding an Interval Workout

- 1) In VirtualTraining, click on “view” > “Ergometer training”
- 2) Click on “select under Interval Training



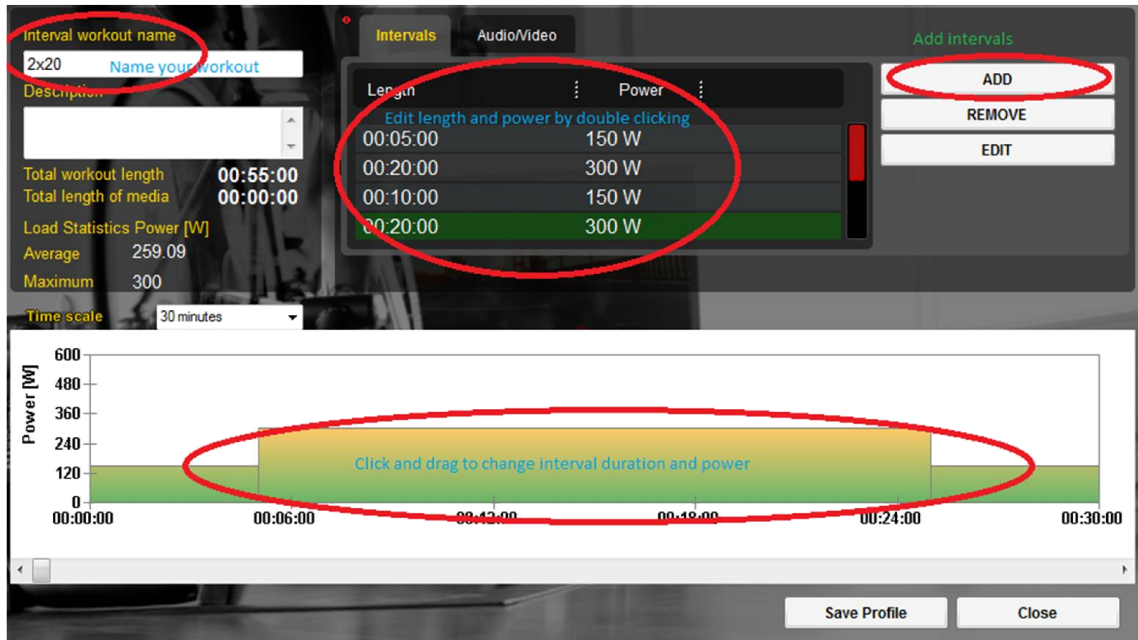
- 3) Next, click on the “Power” option



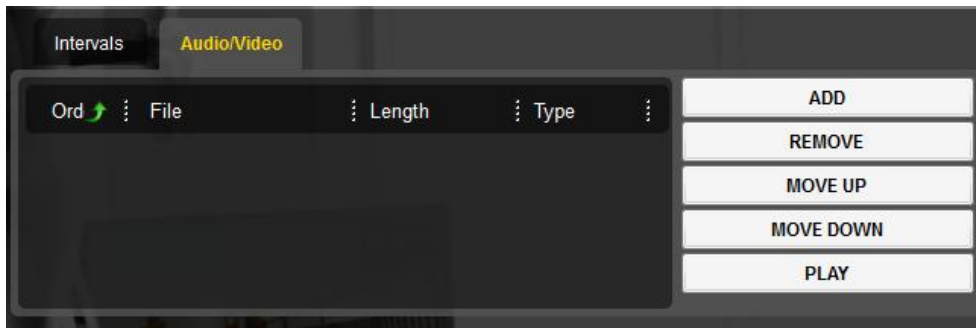
- 4) From this screen you can either choose from preset workouts or create your own. To create your own, build a new workout using specified watts or watts/kilogram.



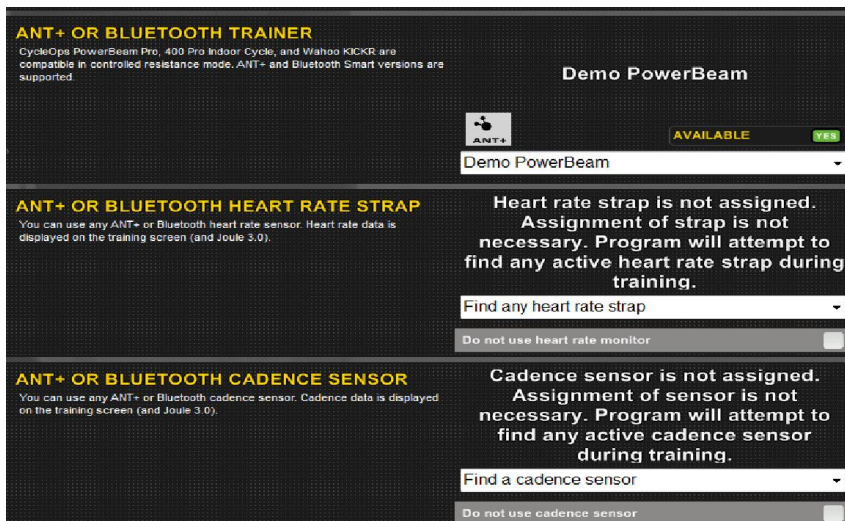
- 5) Create your workout, by specifying the length and power of each interval section, name your workout and save.



- 6) You can also add audio/video to your workouts by adding them to VirtualTraining from your own music and movie library



- 7) After saving, click on your created interval workout, pair your devices, and click "next".

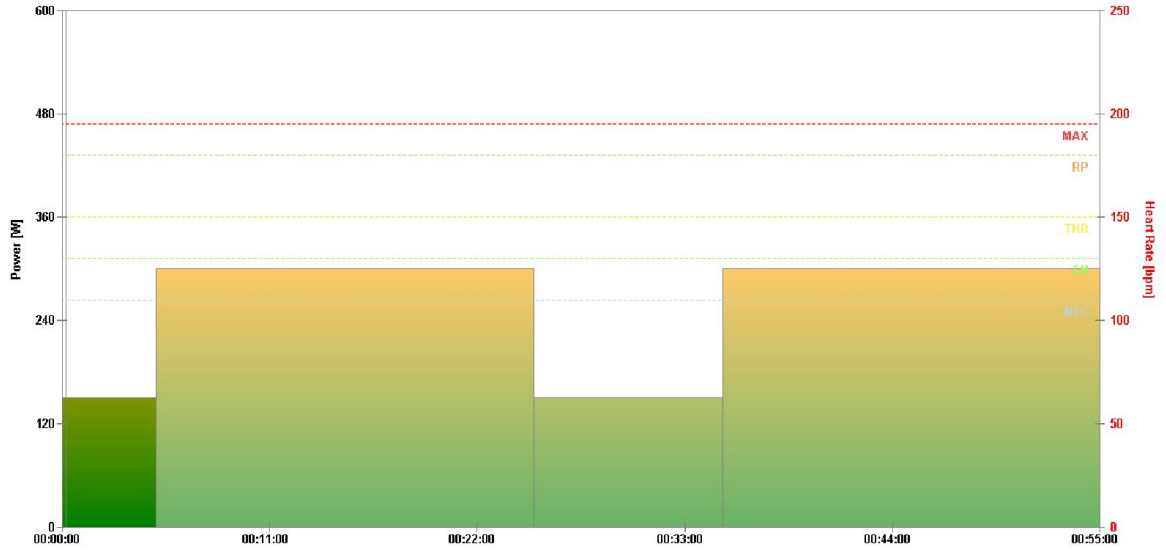


8) Begin riding!

WORKOUT STATISTICS			Power	0.00 W	(REC)
	AVG	MAX	Power/Weight	0.00 W/kg	
Cadence [rpm]	0.0	0	Heart Rate	0 bpm	(REC)
Heart Rate [bpm]	0.0	0	Cadence	0 rpm	
Power [W/kg]	0.00	0.00			
Power [W]	0.0	0			
Total calories	3 kcal				

Order File Length Type

REMOVE ADD MEDIA



Scale: Entire workout Interval 1 REMAINING 00:04:47 TARGET POWER 150 W SKIP INTERVAL

TARGET	YOUR	ELAPSED:	REMAINING:
150 [W]	0 [W]	00:00:12	00:54:48

Pause Close