

SCHWINN CYCLING		Endurance		65 / 75 % MHF		
				Relax		
No.	Interpret & Titel	Dauer	RPM	Technik	%MHF	2 Do
1	Blank & Jones - Daydream	06:17	90	☐	65%	Aufwärmen
2	Banco De Gaia - Destert Wind	07:46	100	☐	65%	BodyCircle
3	Cyborg - Sounds (Chill Out Relax Mix)	04:57	82	☐	65%	Lockern: Wo?
4	Schiller Mit Mila Mar - Liebe Langspielfassu	07:04	110	☐	65%	Atmung
5	Mike Oldfield - Let There Be Light	04:59	88	☐	70%	Technik
6	Fischermans Friend - Money (Orb Club Mi)	06:25	110	☐	70%	Min_Max
7	Air - Run	04:12	62	▣	75%	Easy Hill
8	The Orb - Phase 11	04:49	100	☐	65%	Abwärmen
9	Oliver Shanti - Alhambra	04:34	Relax		60%	Stretch
10	Oliver Shanti - Tibetiya	03:36	Relax		60%	Stretch
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
Total:		0:54:39	Ø%MHF	66%		

