



<b>Title</b>
<b>Duration</b>
<b>Session Objectives</b>
<b>Energy Zone</b>

**Top Gun Profile**  
**43:48:00**  
**Steady build of intensity but staying aerobic - Fun Top Gun Session**  
**Endurance (High End) 75-80% MHR**

Track No	Timing	Duration	Profile	Profile Notes	Intensity	Cadence	Techniques	Music		
								Track name:	Artist	
1	00:00 - 04:02	4:02	Seated Flat		R▲	50%-65%	80	Smooth & Breathing	Top Gun Anthem	Harold Faltermeyer
2	04:02 - 07:29	3:27	Seated Flat		R▲	70%	80-110	Increase Cadence	Danger Zone	Kenny Loggins
3	07:29 - 11:10	3:41	Seated Flat	Run	R▲	70%-75%	80-110	2 x 1 min Runs	Mighty Wings	Cheap Trick
4	11:10 - 17:25	6:15	Seated Flat		R▼	70%-75%	80-110	Recover 1 min	Playing with the Boys	Kenny Loggins
	2		Seated Flat	Run	R▲	75%-80%	80-110	Increase Cadence		
	2		Seated Flat	Jump	R▶	75%-80%	80-110	4▲▼ 2 min		
			Seated Flat		R▼			Recover 1 min		
5	17:25 - 20:51	3:26	Seated Flat	Run	R▲	70%-75%	80-110	2 x 1 min Runs	Hot Summer Nights	Miami Sound Machine
6	20:51 - 24:28	3:37	Seated Flat		R▼	70%-75%	80-110	Recover 1 min	Through the Fire	Larry Greene
			Seated Flat	Run	R▲	70%-75%	80-110	2 x 1 min Runs		
7	24:28 - 28:18	3:50	Seated Climb	Standing Climb	R▲ R▲	75%-80%	80	Quick Climbing Rhythm	The Final Countdown	Europe
8	28:28 - 32:36	4:08	Seated Climb	Standing Climb	R▲	75%-80%	60-80	2 mins seated 2 mins standing	Nothing's Gonna Stop us Now	Starship
9	32:36 - 35:57	3:21	Seated Flat		R▼	70%-75%	80-110	Recover 1 min	Destination Unknown	Marietta
			Seated Flat	Run	R▲	70%-75%	80-110	2 min Run		
10	35:57 - 40:03	4:06	Seated Flat		R▼	70%-75%	80-110	Recover 1 min	Top Gun Anthem	Harold Faltermeyer
			Seated Climb	Standing Climb	R▲ R▲	75%-80%	60	1 mins seated 2 mins standing		
11	40:03 - 43:48	3:45	Seated Flat		R▼	50%-65%	80-90		You've lost that lovin Feelin	The Righteous Brothers