

Workout Guide for Bike-O-Vision Journey #1: European Sampler

Explanation: Every chapter starts and ends with beauty shots, panoramas etc. There are also often breaks between the chapters of two to three seconds. Occasionally there are breaks during the rides for a particular point of interest, such as a scenic overlook. Otherwise, its all forward motion.

The range of speeds are: fast, average, and slow

The range of elevation gradients are: steep, mid, gentle, slight, and flat. "Slight" is used when there is just barely a hill but its perceivable enough to affect speed (and resistance, if uphill).

If there is no indication that the speed or grade has changed, just assume its the same.

There will occasionally be additional notes if the route has something pertinent to adjusting the speed or that may otherwise be distracting- if there is a view-break of more than 10 seconds, for example.

#1: European Sampler Overview: This was the first Bike-O-Vision journey ever and so it is not really representative of the rest of the series. The footage is somewhat shaky and definitely the slowest-paced of all the titles, but the scenic highlights make it worth the faults. 34 minutes.

Chapter 1: Imst, Austria: A moderate-to-easy climb up the Swiss Alps.

Start: slow, steep uphill

:50 up, mid-grade to gentle

2:04 up, alternating between slight and gentle

4:47 down, slight to gentle

7:15 chapter end

Chapter 2: Rhine River, Germany: An easy flat ride alongside the river and down a valley.

Start: slow, flat throughout, gradually speeds up

14:04 down gentle, slowly

15:58 chapter end

Chapter 3: Alsace, France: A short but sweet ride through countryside and a quaint town.

Start: slow, down slight

18:27 average, flat

20:03 slow, flat

20:56 average, flat to slightly up

21:46 chapter end

Chapter 4: Portofino, Italy: A very short, briskly paced sampling of the Italian Riviera.

Start: average, flat

23:37 chapter end

Chapter 5: The Cotswolds, England: A slow ride through a typical town and some country.

Start: slow, flat, gradually speeding up to average

26:37 chapter end

Chapter 6: Wales

Start: slow, flat

28:18 slow, down slight

29:05 slow to average, down gentle

29:50 slow, down steep

30:11 chapter end

Chapter 7: More European Scenery

This section is just beautiful scenery of Europe, not forward motion