



## **THE PRESENCE OF SUNLIGHT**

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### **OVERVIEW**

Let's rise with the sun and ride at the break of dawn. We'll journey into a soothing awakening to both discover and recover. At the climactic end of the ride, your energy will be at its peak, and you'll be able to embrace a new day. Carpe diem!

### **OBJECTIVES**

In a long run in the Endurance Energy Zone®, the ride builds up to a heart-pounding climax.

### **SUMMARY**

Wake up on the Spinner® bike, build up energy and make a first energy burst before the first cup of coffee.

**Please remember to submit a session evaluation.  
Your feedback is important to us! WSSC 2019**