

DPC Z5 Intervals Set 3 Min

XSS 99

Target FTP 270

Required course

70 min

start

duration

FTP

w/kg

Warmup 1	00:00	06:00	66%	2,4
Warmup 2	06:00	01:00	79%	2,9
Warmup 2	07:00	01:00	66%	2,4
Warmup 2	08:00	01:00	79%	2,9
Warmup 2	09:00	01:00	66%	2,4
ON	10:00	01:00	114%	4,2
OFF	11:00	01:00	54%	2,0
ON	12:00	01:00	114%	4,2
OFF	13:00	01:00	54%	2,0
ON	14:00	01:00	114%	4,2
OFF	15:00	01:00	54%	2,0
REST	16:00	03:00	54%	2,0
ON	19:00	01:00	114%	4,2
OFF	20:00	01:00	54%	2,0
ON	21:00	01:00	114%	4,2
OFF	22:00	01:00	54%	2,0
ON	23:00	01:00	114%	4,2
OFF	24:00	01:00	54%	2,0
REST	25:00	03:00	54%	2,0
ON	28:00	01:00	114%	4,2
OFF	29:00	01:00	54%	2,0
ON	30:00	01:00	114%	4,2
OFF	31:00	01:00	54%	2,0
ON	32:00	01:00	114%	4,2
OFF	33:00	01:00	54%	2,0
REST	34:00	03:00	54%	2,0
ON	37:00	01:00	114%	4,2
OFF	38:00	01:00	54%	2,0
ON	39:00	01:00	114%	4,2
OFF	40:00	01:00	54%	2,0
ON	41:00	01:00	114%	4,2
OFF	42:00	01:00	54%	2,0
REST	43:00	03:00	54%	2,0
ON	46:00	01:00	114%	4,2

OFF	47:00	01:00	54%	2,0
ON	48:00	01:00	114%	4,2
OFF	49:00	01:00	54%	2,0
ON	50:00	01:00	114%	4,2
OFF	51:00	01:00	54%	2,0
REST	52:00	03:00	54%	2,0
ON	55:00	01:00	114%	4,2
OFF	56:00	01:00	54%	2,0
ON	57:00	01:00	114%	4,2
OFF	58:00	01:00	54%	2,0
ON	59:00	01:00	114%	4,2
OFF	00:00	01:00	54%	2,0
ON	01:00	01:00	114%	4,2
OFF	02:00	01:00	54%	2,0
Rest	03:00	03:00	54%	2,0
PYRAMID FOR ALL	06:00	04:00	GO UP% UP UP MORE UP POMPOMS *0/*	X,X