

# DPC Z5 Intervals Set 3 Min

XSS 99

Target FTP **230**

Required course

70 min

start

duration

FTP

w/kg

Warmup 1	00:00	06:00	66%	<b>2,1</b>
Warmup 2	06:00	01:00	79%	<b>2,4</b>
Warmup 2	07:00	01:00	66%	<b>2,1</b>
Warmup 2	08:00	01:00	79%	<b>2,4</b>
Warmup 2	09:00	01:00	66%	<b>2,1</b>
ON	10:00	01:00	114%	<b>3,6</b>
OFF	11:00	01:00	54%	<b>1,7</b>
ON	12:00	01:00	114%	<b>3,6</b>
OFF	13:00	01:00	54%	<b>1,7</b>
ON	14:00	01:00	114%	<b>3,6</b>
OFF	15:00	01:00	54%	<b>1,7</b>
REST	16:00	03:00	54%	<b>1,7</b>
ON	19:00	01:00	114%	<b>3,6</b>
OFF	20:00	01:00	54%	<b>1,7</b>
ON	21:00	01:00	114%	<b>3,6</b>
OFF	22:00	01:00	54%	<b>1,7</b>
ON	23:00	01:00	114%	<b>3,6</b>
OFF	24:00	01:00	54%	<b>1,7</b>
REST	25:00	03:00	54%	<b>1,7</b>
ON	28:00	01:00	114%	<b>3,6</b>
OFF	29:00	01:00	54%	<b>1,7</b>
ON	30:00	01:00	114%	<b>3,6</b>
OFF	31:00	01:00	54%	<b>1,7</b>
ON	32:00	01:00	114%	<b>3,6</b>
OFF	33:00	01:00	54%	<b>1,7</b>
REST	34:00	03:00	54%	<b>1,7</b>
ON	37:00	01:00	114%	<b>3,6</b>
OFF	38:00	01:00	54%	<b>1,7</b>
ON	39:00	01:00	114%	<b>3,6</b>
OFF	40:00	01:00	54%	<b>1,7</b>
ON	41:00	01:00	114%	<b>3,6</b>
OFF	42:00	01:00	54%	<b>1,7</b>
REST	43:00	03:00	54%	<b>1,7</b>
ON	46:00	01:00	114%	<b>3,6</b>

OFF	47:00	01:00	54%	<b>1,7</b>
ON	48:00	01:00	114%	<b>3,6</b>
OFF	49:00	01:00	54%	<b>1,7</b>
ON	50:00	01:00	114%	<b>3,6</b>
OFF	51:00	01:00	54%	<b>1,7</b>
REST	52:00	03:00	54%	<b>1,7</b>
ON	55:00	01:00	114%	<b>3,6</b>
OFF	56:00	01:00	54%	<b>1,7</b>
ON	57:00	01:00	114%	<b>3,6</b>
OFF	58:00	01:00	54%	<b>1,7</b>
ON	59:00	01:00	114%	<b>3,6</b>
OFF	00:00	01:00	54%	<b>1,7</b>
ON	01:00	01:00	114%	<b>3,6</b>
OFF	02:00	01:00	54%	<b>1,7</b>
Rest	03:00	03:00	54%	<b>1,7</b>
PYRAMID FOR ALL	06:00	04:00	GO UP% UP UP MORE UP POMPOMS *0/*	X,X