

Thursday Ladders

XSS 98

Target FTP 270

Required course

70 min

start duration FTP w/kg

Warmup 1	00:00	02:00	61%	2,2
Warmup 2	02:00	02:00	66%	2,4
Warmup 3	04:00	02:00	75%	2,7
Warmup 4	06:00	02:00	82%	3,0
Recover	08:00	02:00	55%	2,0
Step 1	10:00	03:00	70%	2,5
Step 2	13:00	03:00	86%	3,1
Step 3	16:00	03:00	96%	3,5
Step 4	19:00	01:00	150%	5,5
Recover	20:00	02:00	55%	2,0
Step 1	22:00	03:00	70%	2,5
Step 2	25:00	03:00	86%	3,1
Step 3	28:00	03:00	96%	3,5
Step 4	31:00	01:00	150%	5,5
Recover	32:00	02:00	55%	2,0
Step 1	34:00	03:00	70%	2,5
Step 2	37:00	03:00	86%	3,1
Step 3	40:00	03:00	96%	3,5
Step 4	43:00	01:00	150%	5,5
Recover	44:00	02:00	55%	2,0
Step 1	46:00	03:00	70%	2,5
Step 2	49:00	03:00	86%	3,1
Step 3	52:00	03:00	96%	3,5
Step 4	55:00	01:00	150%	5,5
Recover	56:00	02:00	55%	2,0
Step 1	58:00	03:00	70%	2,5
Step 2	01:00	03:00	86%	3,1
Step 3	04:00	03:00	96%	3,5
Step 4	07:00	01:00	150%	5,5
Recover	08:00	02:00	55%	2,0