

Thursday Ladders

XSS 98

Target FTP

225

Required course

70 min

start

duration

FTP

w/kg

| | | | | |
|----------|-------|-------|------|------------|
| Warmup 1 | 00:00 | 02:00 | 61% | 1,8 |
| Warmup 2 | 02:00 | 02:00 | 66% | 2,0 |
| Warmup 3 | 04:00 | 02:00 | 75% | 2,3 |
| Warmup 4 | 06:00 | 02:00 | 82% | 2,5 |
| Recover | 08:00 | 02:00 | 55% | 1,7 |
| Step 1 | 10:00 | 03:00 | 70% | 2,1 |
| Step 2 | 13:00 | 03:00 | 86% | 2,6 |
| Step 3 | 16:00 | 03:00 | 96% | 2,9 |
| Step 4 | 19:00 | 01:00 | 150% | 4,6 |
| Recover | 20:00 | 02:00 | 55% | 1,7 |
| Step 1 | 22:00 | 03:00 | 70% | 2,1 |
| Step 2 | 25:00 | 03:00 | 86% | 2,6 |
| Step 3 | 28:00 | 03:00 | 96% | 2,9 |
| Step 4 | 31:00 | 01:00 | 150% | 4,6 |
| Recover | 32:00 | 02:00 | 55% | 1,7 |
| Step 1 | 34:00 | 03:00 | 70% | 2,1 |
| Step 2 | 37:00 | 03:00 | 86% | 2,6 |
| Step 3 | 40:00 | 03:00 | 96% | 2,9 |
| Step 4 | 43:00 | 01:00 | 150% | 4,6 |
| Recover | 44:00 | 02:00 | 55% | 1,7 |
| Step 1 | 46:00 | 03:00 | 70% | 2,1 |
| Step 2 | 49:00 | 03:00 | 86% | 2,6 |
| Step 3 | 52:00 | 03:00 | 96% | 2,9 |
| Step 4 | 55:00 | 01:00 | 150% | 4,6 |
| Recover | 56:00 | 02:00 | 55% | 1,7 |
| Step 1 | 58:00 | 03:00 | 70% | 2,1 |
| Step 2 | 01:00 | 03:00 | 86% | 2,6 |
| Step 3 | 04:00 | 03:00 | 96% | 2,9 |
| Step 4 | 07:00 | 01:00 | 150% | 4,6 |
| Recover | 08:00 | 02:00 | 55% | 1,7 |