

Base

Mitochondria fest

XSS 75

Target FTP

285

Required course

70 min

start

duration

FTP

w/kg

Warmup 1	00:00	05:00	51%	2,0
Up1	05:00	01:00	63%	2,4
Up2	06:00	01:00	71%	2,8
Up3	07:00	01:00	82%	3,2
Up4	08:00	01:00	104%	4,0
Rest	09:00	03:00	51%	2,0
Prep	12:00	04:00	100%	3,9
Rest	16:00	04:00	51%	2,0
High1	20:00	01:00	114%	4,4
Low1	21:00	04:00	63%	2,4
High2	25:00	01:00	114%	4,4
Low2	26:00	04:00	63%	2,4
High3	30:00	01:00	114%	4,4
Low3	31:00	04:00	63%	2,4
High4	35:00	01:00	114%	4,4
Low4	36:00	04:00	63%	2,4
High5	40:00	01:00	114%	4,4
Low5	41:00	04:00	63%	2,4
High6	45:00	01:00	114%	4,4
Low6	46:00	04:00	63%	2,4
High7	50:00	01:00	114%	4,4
Low7	51:00	04:00	63%	2,4
High8	55:00	01:00	114%	4,4
Low8	56:00	04:00	63%	2,4
High9	00:00	01:00	114%	4,4
Low9	01:00	04:00	63%	2,4
High10	05:00	03:00	xxx%	??
Low10	08:00	02:00	xxx%	??