

Base

Mitochondria fest

XSS 75

Target FTP 245

Required course

70 min

	start	duration	FTP	w/kg
Warmup 1	00:00	05:00	51%	1,7
Up1	05:00	01:00	63%	2,1
Up2	06:00	01:00	71%	2,4
Up3	07:00	01:00	82%	2,7
Up4	08:00	01:00	104%	3,5
Rest	09:00	03:00	51%	1,7
Prep	12:00	04:00	100%	3,3
Rest	16:00	04:00	51%	1,7
High1	20:00	01:00	114%	3,8
Low1	21:00	04:00	63%	2,1
High2	25:00	01:00	114%	3,8
Low2	26:00	04:00	63%	2,1
High3	30:00	01:00	114%	3,8
Low3	31:00	04:00	63%	2,1
High4	35:00	01:00	114%	3,8
Low4	36:00	04:00	63%	2,1
High5	40:00	01:00	114%	3,8
Low5	41:00	04:00	63%	2,1
High6	45:00	01:00	114%	3,8
Low6	46:00	04:00	63%	2,1
High7	50:00	01:00	114%	3,8
Low7	51:00	04:00	63%	2,1
High8	55:00	01:00	114%	3,8
Low8	56:00	04:00	63%	2,1
High9	00:00	01:00	114%	3,8
Low9	01:00	04:00	63%	2,1
High10	05:00	03:00	xxx%	???
Low10	06:00	02:00	xx%	???