

Threshold Pyramid

XSS 93

Target FTP **220**

Required course

70 min

	start	duration	FTP	w/kg
Warmup 1	00:00	06:00	66%	2,0
Warmup 2	06:00	01:00	79%	2,3
Warmup 2	07:00	01:00	66%	2,0
Warmup 2	08:00	01:00	79%	2,3
Warmup 2	09:00	01:00	66%	2,0
ON1	10:00	04:00	101%	3,0
OFF	14:00	04:00	54%	1,6
ON1	18:00	04:00	101%	3,0
OFF	22:00	04:00	54%	1,6
ON2	26:00	03:00	101%	3,0
OFF	29:00	03:00	54%	1,6
ON2	32:00	03:00	101%	3,0
OFF	35:00	03:00	54%	1,6
ON2	38:00	03:00	101%	3,0
OFF	41:00	03:00	54%	1,6
ON3	44:00	02:00	101%	3,0
OFF	46:00	02:00	54%	1,6
ON3	48:00	02:00	101%	3,0
OFF	50:00	02:00	54%	1,6
ON3	52:00	02:00	101%	3,0
OFF	54:00	02:00	54%	1,6
ON3	56:00	02:00	101%	3,0
OFF	58:00	02:00	54%	1,6
ON4	00:00	01:00	101%	3,0
OFF	01:00	01:00	54%	1,6
ON4	02:00	01:00	101%	3,0
OFF	03:00	01:00	54%	1,6
ON4	04:00	01:00	101%	3,0
OFF	05:00	01:00	54%	1,6
ON4	06:00	01:00	101%	3,0
OFF	07:00	01:00	54%	1,6
ON4	08:00	01:00	101%	3,0
OFF	09:00	01:00	54%	1,6