

Team CLS Thursday High 'n' Low Madness

Race winning intervals Madness

Key factors	Effort time	Target FTP	Target kg
Sprint work	01:10:00	270	73

Categorie B	start	duration	FTP	Watts	W/kg
Warmup 1	00:00	05:00	65%	175	2,4
Warmup 2	05:00	01:00	78%	212	2,9
Warmup 3	06:00	01:00	65%	175	2,4
Warmup 4	07:00	01:00	78%	212	2,9
Warmup 5	08:00	01:00	65%	175	2,4
Warmup 6	09:00	01:00	78%	212	2,9
Warmup 7	10:00	01:00	65%	175	2,4
Warmup 8	11:00	01:00	78%	212	2,9
Warmup 9	12:00	03:00	65%	175	2,4
Set 01 Push	15:00	00:30	189%	511	7,0
Set 01 Steady	15:30	03:20	95%	256	3,5
Set 01 High	18:50	00:10	135%	365	5,0
Hard rest	19:00	04:00	54%	146	2,0
Set 02 Push	23:00	00:30	189%	511	7,0
Set 02 Steady	23:30	03:20	95%	256	3,5
Set 02 High	26:50	00:10	135%	365	5,0
Hard rest	27:00	04:00	54%	146	2,0
Set 03 Push	31:00	00:30	189%	511	7,0
Set 03 Steady	31:30	03:20	95%	256	3,5
Set 03 High	34:50	00:10	135%	365	5,0
Hard rest	35:00	04:00	54%	146	2,0
Set 07 Push	39:00	00:30	189%	511	7,0
Set 07 Steady	39:30	03:20	95%	256	3,5
Set 07 High	42:50	00:10	135%	365	5,0
Hard rest	43:00	04:00	54%	146	2,0
Set 15 Push	47:00	00:30	189%	511	7,0

Set 15 Steady	47:30	03:20	95%	256	3,5
Set 15 High	50:50	00:10	135%	365	5,0
Hard rest	51:00	04:00	54%	146	2,0
Set 23 Push	55:00	00:30	189%	511	7,0
Set 23 Steady	55:30	03:20	95%	256	3,5
Set 23 High	58:50	00:10	135%	365	5,0
Hard rest	59:00	04:00	54%	146	2,0
Set 42 Push	01:03:00	00:30	189%	511	7,0
Set 42 Steady	01:03:30	03:20	95%	256	3,5
Set 42 High	01:06:50	00:10	135%	365	5,0
Super hard rest	01:07:00	02:00	49%	131	1,8
Helena's PYRAMID !!!!	01:09:00	01:00	216%	584	8,0