

Team CLS Thursday High 'n' Low Madness

Race winning intervals Madness

Key factors	Effort time	Target FTP	Target kg
Sprint work	01:10:00	220	73

Categorie C	start	duration	FTP	Watts	W/kg
Warmup 1	00:00	05:00	70%	153	2,1
Warmup 2	05:00	01:00	83%	183	2,5
Warmup 3	06:00	01:00	70%	153	2,1
Warmup 4	07:00	01:00	83%	183	2,5
Warmup 5	08:00	01:00	70%	153	2,1
Warmup 6	09:00	01:00	83%	183	2,5
Warmup 7	10:00	01:00	70%	153	2,1
Warmup 8	11:00	01:00	83%	183	2,5
Warmup 9	12:00	03:00	70%	153	2,1
Set 01 Push	15:00	00:30	189%	416	5,7
Set 01 Steady	15:30	03:20	93%	204	2,8
Set 01 High	18:50	00:10	136%	299	4,1
Hard rest	19:00	04:00	56%	124	1,7
Set 02 Push	23:00	00:30	189%	416	5,7
Set 02 Steady	23:30	03:20	93%	204	2,8
Set 02 High	26:50	00:10	136%	299	4,1
Hard rest	27:00	04:00	56%	124	1,7
Set 03 Push	31:00	00:30	189%	416	5,7
Set 03 Steady	31:30	03:20	93%	204	2,8
Set 03 High	34:50	00:10	136%	299	4,1
Hard rest	35:00	04:00	56%	124	1,7
Set 07 Push	39:00	00:30	189%	416	5,7
Set 07 Steady	39:30	03:20	93%	204	2,8
Set 07 High	42:50	00:10	136%	299	4,1
Hard rest	43:00	04:00	56%	124	1,7
Set 15 Push	47:00	00:30	189%	416	5,7

Set 15 Steady	47:30	03:20	93%	204	2,8
Set 15 High	50:50	00:10	136%	299	4,1
Hard rest	51:00	04:00	56%	124	1,7
Set 23 Push	55:00	00:30	189%	416	5,7
Set 23 Steady	55:30	03:20	93%	204	2,8
Set 23 High	58:50	00:10	136%	299	4,1
Hard rest	59:00	04:00	56%	124	1,7
Set 42 Push	01:03:00	00:30	189%	416	5,7
Set 42 Steady	01:03:30	03:20	93%	204	2,8
Set 42 High	01:06:50	00:10	136%	299	4,1
Super hard rest	01:07:00	02:00	50%	110	1,5
Helena's PYRAMID !!!!	01:09:00	01:00	216%	475	6,5