

Tempo with Bursts

XSS 90

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
Burst	10:00	00:30	120%	3,7
Tempo	10:30	02:30	80%	2,5
Burst	13:00	00:30	120%	3,7
Tempo	13:30	02:30	80%	2,5
Burst	16:00	00:30	120%	3,7
Tempo	16:30	02:30	80%	2,5
Burst	19:00	00:30	120%	3,7
Tempo	19:30	02:30	80%	2,5
Burst	22:00	00:30	120%	3,7
Hard rest	22:30	02:30	80%	1,5
Burst	25:00	00:30	120%	3,7
Tempo	25:30	02:30	80%	2,5
Burst	28:00	00:30	120%	3,7
Tempo	28:30	02:30	80%	2,5
Burst	31:00	00:30	120%	3,7
Tempo	31:30	02:30	80%	2,5
Burst	34:00	00:30	120%	3,7
Tempo	34:30	02:30	80%	2,5
Burst	37:00	00:30	120%	3,7
Hard rest	37:30	02:30	80%	1,5
Burst	40:00	00:30	120%	3,7
Tempo	40:30	02:30	80%	2,5
Burst	43:00	00:30	120%	3,7
Tempo	43:30	02:30	80%	2,5
Burst	46:00	00:30	120%	3,7
Tempo	46:30	02:30	80%	2,5

Burst	49:00	00:30	120%	3,7
Tempo	49:30	02:30	80%	2,5
Burst	52:00	00:30	120%	3,7
Hard rest	52:30	02:30	80%	1,5
Burst	55:00	00:30	120%	3,7
Tempo	55:30	02:30	80%	2,5
Burst	58:00	00:30	120%	3,7
Tempo	58:30	02:30	80%	2,5
Burst	01:01:00	00:30	120%	3,7
Tempo	01:01:30	02:30	80%	2,5
Burst	01:04:00	00:30	120%	3,7
Tempo	01:04:30	02:30	80%	2,5
Burst	01:07:00	00:30	120%	3,7
Tempo	01:07:30	02:00	80%	2,5
GO	01:09:30	00:30	120%	3,7