

VO2max 1**XSS 115****Target FTP****220****Required course****70 min**

	start	duration	FTP	w/kg
Warmup 1	00:00	06:00	55%	1,6
Up1	06:00	01:00	61%	1,8
Up1	07:00	01:00	68%	2,0
Up3	08:00	01:00	75%	2,2
Up4	09:00	01:00	82%	2,4
On1	10:00	02:00	115%	3,4
Off	12:00	01:00	55%	1,6
On1	13:00	02:00	115%	3,4
Off	15:00	01:00	55%	1,6
On1	16:00	02:00	115%	3,4
Off	18:00	01:00	55%	1,6
On1	19:00	02:00	115%	3,4
Off	21:00	01:00	55%	1,6
On1	22:00	02:00	115%	3,4
Rest	24:00	05:00	55%	1,6
On1	29:00	02:00	115%	3,4
Off	31:00	01:00	55%	1,6
On1	32:00	02:00	115%	3,4
Off	34:00	01:00	55%	1,6
On1	35:00	02:00	115%	3,4
Off	37:00	01:00	55%	1,6
On1	38:00	02:00	115%	3,4
Off	40:00	01:00	55%	1,6
On1	41:00	02:00	115%	3,4
Rest	43:00	05:00	55%	1,6
On2	48:00	00:40	125%	3,7
Off	48:40	00:20	55%	1,6
On2	49:00	00:40	125%	3,7
Off	49:40	00:20	55%	1,6
On2	50:00	00:40	125%	3,7

Off	50:40	00:20	55%	1,6
On2	51:00	00:40	125%	3,7
Off	51:40	00:20	55%	1,6
On2	52:00	00:40	125%	3,7
Off	52:40	00:20	55%	1,6
On2	53:00	00:40	125%	3,7
Off	53:40	00:20	55%	1,6
On2	54:00	00:40	125%	3,7
Off	54:40	00:20	55%	1,6
On2	55:00	01:00	125%	3,7
Rest	56:00	05:00	55%	1,6
On3	01:00	00:20	136%	4,0
Off	01:20	00:40	55%	1,6
On3	02:00	00:20	136%	4,0
Off	02:20	00:40	55%	1,6
On3	03:00	00:20	136%	4,0
Off	03:20	00:40	55%	1,6
On3	04:00	00:20	136%	4,0
Off	04:20	00:40	55%	1,6
On3	05:00	00:20	136%	4,0
Off	05:20	00:40	55%	1,6
On3	06:00	00:20	136%	4,0
Off	06:20	00:40	55%	1,6
On3	07:00	00:20	136%	4,0
Off	07:20	00:40	55%	1,6
On3	08:00	00:20	136%	4,0
Off	08:20	00:40	55%	1,6
Final1	09:00	00:20	136%	4,0
Final2	09:20	00:20	143%	4,2
Final3	09:40	GoGoGo		