

VO2 & AC**17.06.2021****XSS 100****Target FTP****270****Required course** 70 min

	start	duration	FTP	w/kg	
Warmup 1	00:00	05:00	63%	2,3	
Warmup 2	05:00	05:00	68%	2,5	
Warmup 3.1	10:00	01:00	75%	2,7	110rpm
Warmup 3.2	11:00	01:00	54%	2,0	
Warmup 3.1	12:00	01:00	75%	2,7	110rpm
Warmup 3.2	13:00	01:00	54%	2,0	
Warmup 3.1	14:00	01:00	75%	2,7	110rpm
Warmup 3.2	15:00	01:00	54%	2,0	
Tempo	16:00	05:00	75%	2,7	
VO2	21:00	03:00	113%	4,1	
Off	24:00	02:00	54%	2,0	
AC	26:00	02:00	125%	4,6	
Tempo	28:00	05:00	75%	2,7	
VO2	33:00	03:00	113%	4,1	
Off	36:00	02:00	54%	2,0	
AC	38:00	02:00	125%	4,6	
Tempo	40:00	05:00	75%	2,7	
VO2	45:00	03:00	113%	4,1	
Off	48:00	02:00	54%	2,0	
AC	50:00	02:00	125%	4,6	
Tempo	52:00	05:00	75%	2,7	
VO2	57:00	03:00	113%	4,1	
Off	00:00	02:00	54%	2,0	
AC	02:00	02:00	125%	4,6	
Tempo	04:00	05:00	75%	2,7	
Last push	09:00	01:00	up from tempo		