

## DPC Z5 Intervals Set 3 Min

XSS 99

Target FTP 270

Required course

70 min

start duration FTP w/kg

Warmup 1	00:00	06:00	66%	2,4
Warmup 2	06:00	01:00	79%	2,9
Warmup 2	07:00	01:00	66%	2,4
Warmup 2	08:00	01:00	79%	2,9
Warmup 2	09:00	01:00	66%	2,4
ON	10:00	01:00	114%	4,2
OFF	11:00	01:00	54%	2,0
ON	12:00	01:00	114%	4,2
OFF	13:00	01:00	54%	2,0
ON	14:00	01:00	114%	4,2
OFF	15:00	01:00	54%	2,0
ON	16:00	01:00	114%	4,2
OFF	17:00	01:00	54%	2,0
ON	18:00	01:00	114%	4,2
OFF	19:00	01:00	54%	2,0
Rest	20:00	05:00	54%	2,0
ON	25:00	01:00	114%	4,2
OFF	26:00	01:00	54%	2,0
ON	27:00	01:00	114%	4,2
OFF	28:00	01:00	54%	2,0
ON	29:00	01:00	114%	4,2
OFF	30:00	01:00	54%	2,0
ON	31:00	01:00	114%	4,2
OFF	32:00	01:00	54%	2,0
ON	33:00	01:00	114%	4,2
OFF	34:00	01:00	54%	2,0
Rest	35:00	05:00	54%	2,0
ON	40:00	01:00	114%	4,2
OFF	41:00	01:00	54%	2,0
ON	42:00	01:00	114%	4,2
OFF	43:00	01:00	54%	2,0

ON	44:00	01:00	114%	<b>4,2</b>
OFF	45:00	01:00	54%	<b>2,0</b>
ON	46:00	01:00	114%	<b>4,2</b>
OFF	47:00	01:00	54%	<b>2,0</b>
ON	48:00	01:00	114%	<b>4,2</b>
OFF	49:00	01:00	54%	<b>2,0</b>
Rest	50:00	05:00	54%	<b>2,0</b>
ON	55:00	01:00	114%	<b>4,2</b>
OFF	56:00	01:00	54%	<b>2,0</b>
ON	57:00	01:00	114%	<b>4,2</b>
OFF	58:00	01:00	54%	<b>2,0</b>
ON	59:00	01:00	114%	<b>4,2</b>
OFF	00:00	01:00	54%	<b>2,0</b>
ON	01:00	01:00	114%	<b>4,2</b>
OFF	02:00	01:00	54%	<b>2,0</b>
ON	03:00	01:00	114%	<b>4,2</b>
OFF	04:00	01:00	54%	<b>2,0</b>
Rest	05:00	05:00	54%	<b>2,0</b>