

Lactate ladders**XSS 80****Initial FTP****280****Target FTP****220****Required course****70 min**

	start	duration	Initial W	FTP	w/kg
Warmup 1	00:00	05:00	185	66%	2,0
Warmup 2	05:00	01:00	260	93%	2,8
Warmup 3	06:00	01:00	185	66%	2,0
Warmup 4	07:00	01:00	260	93%	2,8
Warmup 5	08:00	01:00	185	66%	2,0
Step1	09:00	01:00	335	120%	3,6
Step2	10:00	04:00	280	100%	3,0
Step3	14:00	04:00	250	89%	2,7
Rest	18:00	04:00	185	66%	2,0
Step1	22:00	01:00	335	120%	3,6
Step2	23:00	04:00	280	100%	3,0
Step3	27:00	04:00	250	89%	2,7
Rest	31:00	04:00	185	66%	2,0
Step1	35:00	01:00	335	120%	3,6
Step2	36:00	04:00	280	100%	3,0
Step3	40:00	04:00	250	89%	2,7
Rest	44:00	04:00	185	66%	2,0
Step1	48:00	01:00	335	120%	3,6
Step2	49:00	04:00	280	100%	3,0
Step3	53:00	04:00	250	89%	2,7
Rest	57:00	04:00	185	66%	2,0
Step1	01:01:00	01:00	335	120%	3,6
Step2	01:02:00	04:00	280	100%	3,0
Step3	01:06:00	04:00	250	89%	2,7