

Early Base

Mitochondria

23.06.2022

XSS 75

Target FTP

220

Required course

70 min

	start	duration	FTP	w/kg
Warmup 1	00:00	05:00	55%	1,6
Up1	05:00	01:00	63%	1,9
Up2	06:00	01:00	71%	2,1
Up3	07:00	01:00	82%	2,4
Up4	08:00	01:00	109%	3,2
Rest	09:00	03:00	55%	1,6
Prep	12:00	04:00	100%	3,0
Rest	16:00	04:00	55%	1,6
High1	20:00	01:00	114%	3,4
Low1	21:00	04:00	66%	2,0
High2	25:00	01:00	114%	3,4
Low2	26:00	04:00	66%	2,0
High3	30:00	01:00	114%	3,4
Low3	31:00	04:00	66%	2,0
High4	35:00	01:00	114%	3,4
Low4	36:00	04:00	66%	2,0
High5	40:00	01:00	114%	3,4
Low5	41:00	04:00	66%	2,0
High6	45:00	01:00	114%	3,4
Low6	46:00	04:00	66%	2,0
High7	50:00	01:00	114%	3,4
Low7	51:00	04:00	66%	2,0
High8	55:00	01:00	114%	3,4
Low8	56:00	04:00	66%	2,0
High9	00:00	01:00	114%	3,4
Low9	01:00	04:00	66%	2,0
High10	05:00	01:00	114%	3,4
Low10	06:00	04:00	66%	2,0