

# This 'n' That-PB-C CAT

## Grey Day !!

Initial FTP 265 3.2  
 Target FTP 240 75kg Rider

### INTERVALS START OUT THE GATE

	start	duration	w/kg
SET 1	00:00	04:00	2.2
Squeeze 1	04:00	01:00	3.2
ZONE 2	05:00	05:00	2.2
Pick it Up	10:00	04:00	2.5
Squeeze 2	14:00	01:00	3.2
SET 2	15:00	04:00	2.2
Squeeze	19:00	01:00	3.2
ZONE 2	20:00	05:00	2.2
Pick it Up	25:00	04:00	2.5
Squeeze	29:00	01:00	3.2
SET 3	30:00	04:00	2.2
Squeeze	34:00	01:00	3.2
ZONE 2	35:00	05:00	2.2
Pick it Up	40:00	04:00	2.5
Squeeze	44:00	01:00	3.2
SET 4	45:00	04:00	2.2
Squeeze	49:00	01:00	3.2
ZONE 2	50:00	05:00	2.2
Pick it Up	55:00	04:00	2.5
Squeeze	59:00	01:00	3.2
SET 5	01:00:00	04:00	2.2
Squeeze	01:04:00	01:00	3.2
ZONE 2	01:05:00	05:00	2.2
End / Continue if you have time Z2	01:10:00		



#### NOTE

TRY AND MAKE YOUR FULL RIDE AROUND 2 HOURS ADDING TIME BEFORE OR AFTER THE EVENT  
 RIDE ANY EXTRA KM's AT 60 TO 70% YOUR MAX HEART RATE - ZONE 2 (This is Very important)