

This n' That - B CAT

Rider w/kg

3.6

Increasing 3min VO2 - XSS approx 75

WK3 - BUILD PHASE

	start	duration	w/kg
Warmup	00:00	02:00	2.2
Warmup	02:00	02:00	2.5
Warmup	04:00	02:00	2.8
Warmup	06:00	02:00	3.0
Warmup	08:00	00:20	4.4
Warmup	08:20	00:40	2.0
Warmup	09:00	00:20	4.4
Warmup	09:20	00:40	2.0
TIMESTAMP	10:00		

INTERVALS START			
Settle	10:00	08:00	3.3
Prepare	18:00	03:00	2.0
Set 1	21:00	03:00	3.7
Recover	24:00	06:00	2.5
Set 2	30:00	03:00	3.9
Recover	33:00	06:00	2.5
Set 3	39:00	03:00	4.0
Recover	42:00	06:00	2.5
Set 4	48:00	03:00	4.1
Recover	51:00	06:00	2.5
Set 5	57:00	03:00	4.3
Recover	00:00	08:00	3.0
REST / FUN	08:00	02:00	2.0
END	10:00		

