

This n' That - C CAT

Rider w/kg

3.1

Increasing 3min VO2 - XSS approx 75

WK3 - BUILD PHASE

	start	duration	w/kg
Warmup	00:00	02:00	1.9
Warmup	02:00	02:00	2.2
Warmup	04:00	02:00	2.4
Warmup	06:00	02:00	2.6
Warmup	08:00	00:20	3.8
Warmup	08:20	00:40	1.8
Warmup	09:00	00:20	3.8
Warmup	09:20	00:40	1.8
TIMESTAMP	10:00		

INTERVALS START			
Settle	10:00	08:00	2.9
Prepare	18:00	03:00	1.8
Set 1	21:00	03:00	3.3
Recover	24:00	06:00	2.2
Set 2	30:00	03:00	3.4
Recover	33:00	06:00	2.2
Set 3	39:00	03:00	3.5
Recover	42:00	06:00	2.2
Set 4	48:00	03:00	3.6
Recover	51:00	06:00	2.2
Set 5	57:00	03:00	3.7
Recover	00:00	08:00	2.6
REST / FUN	08:00	02:00	1.8
END	10:00		

