

This n' That - B CAT

4 x 12 - XSS approx 90

Initial FTP 265 3.5
 Target FTP 260 75kg Rider

	start	duration	w/kg
Warmup	00:00	02:00	2.1
Warmup	02:00	02:00	2.4
Warmup	04:00	02:00	2.7
Warmup	06:00	02:00	2.9
Warmup	08:00	00:20	4.2
Warmup	08:20	00:40	2.0
Warmup	09:00	00:20	4.2
Warmup	09:20	00:40	2.0
TIMESTAMP	10:00		

INTERVALS START			
Sweet Spot 1	12:00	12:00	3.2
Rest	24:00	03:00	2.0
Sweet Spot 2	27:00	12:00	3.2
Rest	39:00	03:00	2.0
Sweet Spot 3	42:00	12:00	3.2
Rest	54:00	00:50	2.0
Leg Stretch	54:50	00:20	4.2
Rest	55:10	00:50	2.0
Sweet Spot 4	56:00	12:00	3.2
Rest	08:00	02:00	2.0
END	10:00		

