

This n' That - C CAT

4 x 12 - XSS approx 90

Initial FTP **265** **2.9**
 Target FTP **220** **75kg Rider**

	start	duration	w/kg
Warmup	00:00	02:00	1.8
Warmup	02:00	02:00	2.0
Warmup	04:00	02:00	2.2
Warmup	06:00	02:00	2.5
Warmup	08:00	00:20	3.6
Warmup	08:20	00:40	1.7
Warmup	09:00	00:20	3.6
Warmup	09:20	00:40	1.7
TIMESTAMP	10:00		

INTERVALS START			
Sweet Spot 1	12:00	12:00	2.7
Rest	24:00	03:00	1.7
Sweet Spot 2	27:00	12:00	2.7
Rest	39:00	03:00	1.7
Sweet Spot 3	42:00	12:00	2.7
Rest	54:00	00:50	1.7
Leg Stretch	54:50	00:20	3.6
Rest	55:10	00:50	1.7
Sweet Spot 4	56:00	12:00	2.7
Rest	08:00	02:00	1.7
END	10:00		

