

# This n' That - B CAT

Initial FTP 265 3.6

Depleting 20s - XSS approx 70

Target FTP 270 75kg Rider

	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			
Extended Rest	10:00	01:00	2.0
Give me Some	11:00	04:00	3.3
Rest	15:00	01:00	2.0
Squeeze	16:00	01:00	3.8
Rest	17:00	02:00	2.0
Climb 1	19:00	15:00	3.1
Rest	34:00	01:00	2.0
20's	35:00	00:20	5.8
Rest	35:20	01:40	2.4
20's	37:00	00:20	5.8
Rest	37:20	01:40	2.4
20's	39:00	00:20	5.8
Rest	39:20	01:40	2.4
20's	41:00	00:20	5.8
Rest	41:20	01:40	2.4
20's	43:00	00:20	5.8
Rest	43:20	01:40	2.4
20's	45:00	00:20	5.8
Rest	45:20	01:40	2.4
20's	47:00	00:20	5.8
Rest	47:20	01:40	2.4
20's	49:00	00:20	5.8
Rest	49:20	01:40	2.4
20's	51:00	00:20	5.8
Rest	51:20	01:40	2.4
20's	53:00	00:20	5.8
Rest	53:20	01:40	2.4
Climb 1	55:00	15:00	3.1
END	10:00		

