

This n' That - C CAT

Initial FTP 265 3.1

Depleting 20s - XSS approx 70

Target FTP 235 75kg Rider

	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			
Extended Rest	10:00	01:00	1.8
Give me Some	11:00	04:00	2.9
Rest	15:00	01:00	1.8
Squeeze	16:00	01:00	3.3
Rest	17:00	02:00	1.8
Climb 1	19:00	15:00	2.7
Rest	34:00	01:00	1.8
20's	35:00	00:20	5.1
Rest	35:20	01:40	2.1
20's	37:00	00:20	5.1
Rest	37:20	01:40	2.1
20's	39:00	00:20	5.1
Rest	39:20	01:40	2.1
20's	41:00	00:20	5.1
Rest	41:20	01:40	2.1
20's	43:00	00:20	5.1
Rest	43:20	01:40	2.1
20's	45:00	00:20	5.1
Rest	45:20	01:40	2.1
20's	47:00	00:20	5.1
Rest	47:20	01:40	2.1
20's	49:00	00:20	5.1
Rest	49:20	01:40	2.1
20's	51:00	00:20	5.1
Rest	51:20	01:40	2.1
20's	53:00	00:20	5.1
Rest	53:20	01:40	2.1
Climb 1	55:00	15:00	2.7
END	10:00		

