

# This n' That - B CAT

Initial FTP 265 3.6

Explosive Climbs 2 - XSS approx 70  
Strength Night

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			
Load it Up	10:00	05:00	3.5
Prepare	15:00	06:00	2.2
BOOM / ON	21:00	00:15	5.5
REST / OFF	21:15	00:45	2.5
BOOM / ON	22:00	00:15	5.5
REST / OFF	22:15	00:45	2.5
BOOM / ON	23:00	00:15	5.5
REST / OFF	23:15	00:45	2.5
Step 1 - LOW CADENCE	24:00	05:00	3.0
Step 2 - LOW CADENCE	29:00	05:00	3.2
Step 3 - LOW CADENCE	34:00	05:00	3.4
Recover	39:00	05:00	2.2
BOOM / ON	44:00	00:15	5.5
REST / OFF	44:15	00:45	2.5
BOOM / ON	45:00	00:15	5.5
REST / OFF	45:15	00:45	2.5
BOOM / ON	46:00	00:15	5.5
REST / OFF	46:15	00:45	2.5
Step 1 - LOW CADENCE	47:00	05:00	3.0
Step 2 - LOW CADENCE	52:00	05:00	3.2
Step 3 - LOW CADENCE	57:00	05:00	3.4
Recover	02:00	05:00	2.2
Rest / Fun / Ramp - LEADER DECIDES	07:00	03:00	2.5
END	10:00		

