

# This n' That - C CAT - WK7 PEAK

XSS 130 - Rating - Tough

**Target**

**w/kg**

**3.1**

	start	duration	w/kg
WarmUp	00:00	01:00	<b>2.0</b>
WarmUp	01:00	01:00	<b>2.3</b>
WarmUp	02:00	01:00	<b>2.0</b>
WarmUp	03:00	01:00	<b>2.3</b>
WarmUp	04:00	01:00	<b>2.0</b>
WarmUp	05:00	01:00	<b>2.3</b>
WarmUp	06:00	01:00	<b>2.0</b>
WarmUp	07:00	01:00	<b>2.3</b>
WarmUp	08:00	01:00	<b>2.0</b>
WarmUp	09:00	01:00	<b>2.3</b>
TIMESTAMP	10:00		

## INTERVALS START

Go	10:00	01:00	<b>4.4</b>
Settle	11:00	04:00	<b>3.2</b>
Recover	15:00	04:00	<b>2.0</b>
Go	19:00	01:00	<b>4.4</b>
Settle	20:00	04:00	<b>3.2</b>
Recover	24:00	04:00	<b>2.0</b>
Go	28:00	01:00	<b>4.4</b>
Settle	29:00	04:00	<b>3.2</b>
Recover	33:00	04:00	<b>2.0</b>
Go	37:00	01:00	<b>4.4</b>
Settle	38:00	04:00	<b>3.2</b>
Recover	42:00	04:00	<b>2.0</b>
Go	46:00	01:00	<b>4.4</b>
Settle	47:00	04:00	<b>3.2</b>
Recover	51:00	04:00	<b>2.0</b>
Go	55:00	01:00	<b>4.4</b>
Settle	56:00	04:00	<b>3.2</b>
Recover	00:00	04:00	<b>2.0</b>
FREERIDE - Suggested w/kg	04:00	06:00	<b>2.1</b>
END	10:00		