



Activities



Workout Code	Date
FTP FTP Bike Bike FTP test WORKOUT GOAL 40k tt test WORKOUT NOTES	Jan 24, 2009
90P234 90P234 Other Other 90P234 WORKOUT GOAL pyramid over L234 -	Jan 21, 2009
1L3 1L3 Other Other 1L3 WORKOUT GOAL 1 hour tempo WORKOUT NOTES	Jan 20, 2009
WARM WARM Other Other WARM WORKOUT GOAL warm me and the ct up	Jan 20, 2009
2L3 2L3 Other Other 2L3 WORKOUT GOAL tempo couple of hours keep form	Jan 19, 2009
WARM WARM Other Other WARM WORKOUT GOAL WORKOUT NOTES	Jan 19, 2009
2L3+ 2L3+ Bike Bike 2L3+ WORKOUT GOAL very spirited tempo / sst for 2 hours	Jan 17, 2009
220L4 220L4 Other Other 220L4 WORKOUT GOAL 2x20 L4 work on threshold	Jan 16, 2009
WARM WARM Bike Bike WARM WORKOUT GOAL warm up CT WORKOUT NOTES	Jan 16, 2009
1L4 1L4 Bike Bike 1L4 WORKOUT GOAL hard hour - pseudo FTP test (except	Jan 14, 2009
2x20L4 2x20L4 Other Other 2x20L4 WORKOUT GOAL threshold intervals 2	Jan 13, 2009

