

TEAM | CLS TUESDAY THIS 'n' THAT

Base phase 2025/26 - Week 1

Sweet Spot - 7 x 6 Mins

Week 1 of Base phase starts with some solid Sweet Spot intervals, to set the foundation which we will build on in the coming weeks.

	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			
Sweet Spot 1	10:00	06:00	3.3
Rest	16:00	03:00	2.0
Sweet Spot 2	19:00	06:00	3.3
Rest	25:00	03:00	2.0
Sweet Spot 3	28:00	06:00	3.3
Rest	34:00	03:00	2.0
Sweet Spot 4	37:00	06:00	3.3
Rest	43:00	03:00	2.0
Sweet Spot 5	46:00	06:00	3.3
Rest	52:00	02:00	2.0
Sweet Spot 6	54:00	06:00	3.3
Rest	1:00:00	01:00	2.0
Sweet Spot 7	1:01:00	06:00	3.3
Cool-Down	1:07:00	03:00	2.0
END	1:10:00		



TEAM | CLS This 'n' That B cat workouts are based on a 75kg rider, 270w FTP / 3.6wkg.
Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.