

TEAM | CLS TUESDAY THIS 'n' THAT

Base phase 2025/26 - Week 10

Sweet Spot - 1 x 60 Mins

Good News! ... Just one main interval today!

This workout is pushing the limit and checking that the base we have built over the previous weeks is paying off.

We take on the single 60minute effort.

GOOD LUCK!

	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	60:00	3.3
END	1:10:00		

... If you have the time, spin the legs easy for at least another 10mins, to bring that HR down and flush the lactate out before jumping off the bike!

