

# 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    | 1.9  |
| Warmup          | 02:00   | 02:00    | 2.2  |
| Warmup          | 04:00   | 02:00    | 2.4  |
| Warmup          | 06:00   | 02:00    | 2.6  |
| Warmup          | 08:00   | 00:20    | 3.8  |
| Warmup          | 08:20   | 00:40    | 1.8  |
| Warmup          | 09:00   | 00:20    | 3.8  |
| Warmup          | 09:20   | 00:40    | 1.8  |
| TIMESTAMP       | 10:00   |          |      |
| INTERVALS START |         |          |      |
| Sweet Spot 1    | 10:00   | 60:00    | 2.9  |
| 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!**

