

# TEAM | CLS TUESDAY THIS 'n' THAT

## Base phase 2025/26 - Week 9

### Sweet Spot - 2 x 30 Mins

Week 9 builds on previous weeks even further!

This workout is designed to see how well your Pre Base and Base preparation has gone before we go for the 1 hour set next week!

We have been really focussing on Endurance these last 2 months and this one will test that training.

	start	duration	w/kg
Warmup	00:00	01:00	1.9
Warmup	01:00	01:00	2.2
Warmup	02:00	01:00	2.4
Warmup	03:00	01:00	2.6
Warmup	04:00	00:20	3.8
Warmup	04:20	00:40	1.8
Warmup	05:00	00:20	3.8
Warmup	05:20	00:40	1.8
TIMESTAMP	06:00		
INTERVALS START			
Sweet Spot 1	06:00	30:00	2.9
Rest	36:00	04:00	1.8
Sweet Spot 2	40:00	30:00	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!

