

Build the Engine | Get it Done | Wk 03

	Start	Duration	W/kg
Warmup	00:00	02:00	1.8
Warmup	02:00	02:00	2.0
Warmup	04:00	02:00	2.4
Warmup	06:00	02:00	2.6
Warmup	08:00	00:20	3.7
Warmup	08:20	00:40	1.8
Warmup	09:00	00:20	3.7
Warmup	09:20	02:40	1.8
TIMESTAMP	12:00		

Tempo	12:00	01:00	2.7
Endurance	13:00	02:00	2.3
Tempo	15:00	01:00	2.7
Endurance	16:00	02:00	2.3
Tempo	18:00	01:00	2.7
Endurance	19:00	02:00	2.3
Tempo	21:00	01:00	2.7
Endurance	22:00	02:00	2.3
FREE RIDE	24:00	01:00	RIDERS CHOICE
Recover	25:00	05:00	1.8
Tempo	30:00	01:00	2.7
Endurance	31:00	02:00	2.3
Tempo	33:00	01:00	2.7
Endurance	34:00	02:00	2.3
Tempo	36:00	01:00	2.7
Endurance	37:00	02:00	2.3
Tempo	39:00	01:00	2.7
Endurance	40:00	02:00	2.3
FREE RIDE	42:00	01:00	RIDERS CHOICE
Recover	43:00	05:00	1.8

TEAM | CLS This 'n' That C cat workouts are based on a 75kg rider, 235w FTP / 3.1w/kg.

Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.



01

BUILD THE ENGINE

31 AUG – 27 SEPT

FOCUS:
AEROBIC ENDURANCE

Build a strong aerobic base
and smooth climbing power.

TUESDAY



22 AEROBIC DEVELOPMENT
(ZONE 2)

Build your aerobic engine
with steady endurance
and efficiency.

THURSDAY ⚡

**SWEET SPOT
FOUNDATION**

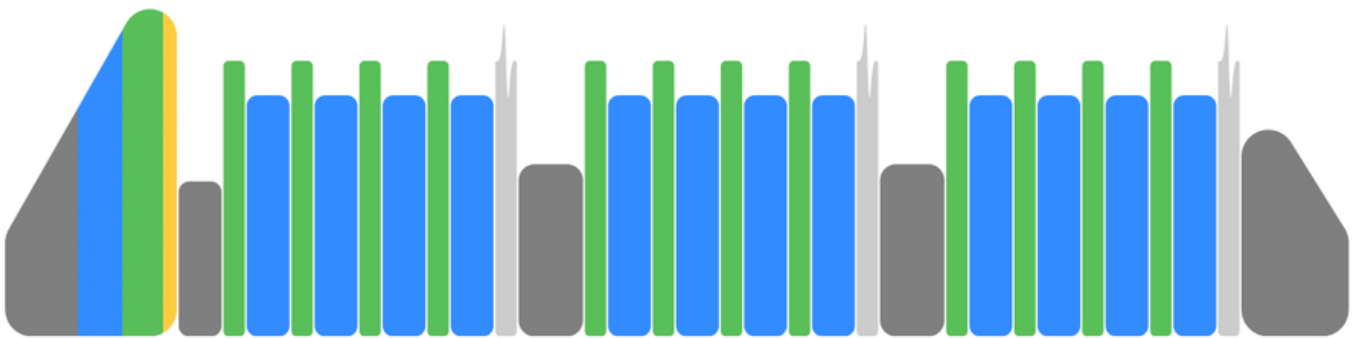
Build tempo durability
and sustained power
on climbs.

TEAM | CLS

THURSDAY HIGH 'n' LOW

Build the Engine | Get it Done | Wk 03

Tempo	48:00	01:00	2.7
Endurance	49:00	02:00	2.3
Tempo	51:00	01:00	2.7
Endurance	52:00	02:00	2.3
Tempo	54:00	01:00	2.7
Endurance	55:00	02:00	2.3
Tempo	57:00	01:00	2.7
Endurance	58:00	02:00	2.3
FREE RIDE	1:00:00	01:00	RIDERS CHOICE
Recover	1:01:00	05:00	1.8
FINAL BLAST	1:06:00	04:00	Beacon to decide



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01 | **BUILD THE ENGINE**
31 AUG – 27 SEPT

FOCUS:
AEROBIC ENDURANCE

Build a strong aerobic base and smooth climbing power.

TUESDAY



Z2 **AEROBIC DEVELOPMENT (ZONE 2)**

Build your aerobic engine with steady endurance and efficiency.

THURSDAY



SWEET SPOT FOUNDATION

Build tempo durability and sustained power on climbs.