

Build the Engine | Rolling Roads | Wk 02

	start	duration	w/kg
Warmup	00:00	02:00	2.3
Warmup	02:00	02:00	2.6
Warmup	04:00	02:00	2.9
Warmup	06:00	02:00	3.2
Warmup	08:00	00:20	4.6
Warmup	08:20	00:40	2.2
Warmup	09:00	00:20	4.6
Warmup	09:20	00:40	2.2
TIMESTAMP	10:00		
INTERVALS START			
Get Ready	10:00	2:00	2.0
Steady	12:00	4:00	2.5
Tempo	16:00	1:00	3.2
Steady	17:00	1:00	2.5
Tempo	18:00	1:00	3.2
Steady	19:00	1:00	2.5
Tempo	20:00	1:00	3.2
Steady	21:00	1:00	2.5
Tempo	22:00	1:00	3.2
Steady	23:00	1:00	2.5
Steady	24:00	4:00	2.5
Sweetspot	28:00	1:00	3.3
Steady	29:00	1:00	2.5
Sweetspot	30:00	1:00	3.3
Steady	31:00	1:00	2.5
Sweetspot	32:00	1:00	3.3
Steady	33:00	1:00	2.5
Sweetspot	34:00	1:00	3.3
Steady	35:00	1:00	2.5

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.



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**

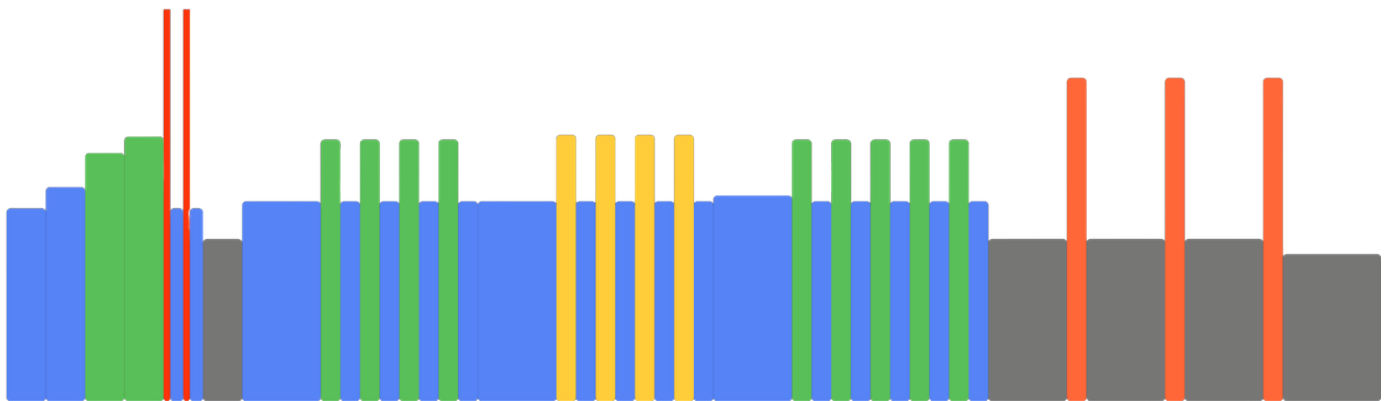
Build tempo durability
and sustained power
on climbs.

TEAM | CLS

THURSDAY HIGH 'n' LOW

Build the Engine | Rolling Roads | Wk 02

Steady	36:00	4:00	2.5
Tempo	40:00	1:00	3.2
Steady	41:00	1:00	2.5
Tempo	42:00	1:00	3.2
Steady	43:00	1:00	2.5
Tempo	44:00	1:00	3.2
Steady	45:00	1:00	2.5
Tempo	46:00	1:00	3.2
Steady	47:00	1:00	2.5
Tempo	48:00	1:00	3.2
Steady	49:00	1:00	2.5
Rest	50:00	4:00	2.0
Surge	54:00	1:00	4.0
Rest	55:00	4:00	2.0
Surge	59:00	1:00	4.0
Rest	60:00	4:00	2.0
Surge	64:00	1:00	4.0
Cool down	65:00	5:00	Cool down



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