

Build the Engine | Rolling Roads | Wk 02

	start	duration	w/kg
Warmup	00:00	02:00	2.0
Warmup	02:00	02:00	2.3
Warmup	04:00	02:00	2.6
Warmup	06:00	02:00	2.8
Warmup	08:00	00:20	4.2
Warmup	08:20	00:40	2.0
Warmup	09:00	00:20	4.2
Warmup	09:20	00:40	2.0
TIMESTAMP	10:00		
INTERVALS START			
Get Ready	10:00	2:00	1.8
Steady	12:00	4:00	2.2
Tempo	16:00	1:00	2.8
Steady	17:00	1:00	2.2
Tempo	18:00	1:00	2.8
Steady	19:00	1:00	2.2
Tempo	20:00	1:00	2.8
Steady	21:00	1:00	2.2
Tempo	22:00	1:00	2.8
Steady	23:00	1:00	2.2
Steady	24:00	4:00	2.2
Sweetspot	28:00	1:00	2.9
Steady	29:00	1:00	2.2
Sweetspot	30:00	1:00	2.9
Steady	31:00	1:00	2.2
Sweetspot	32:00	1:00	2.9
Steady	33:00	1:00	2.2
Sweetspot	34:00	1:00	2.9
Steady	35:00	1:00	2.2

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

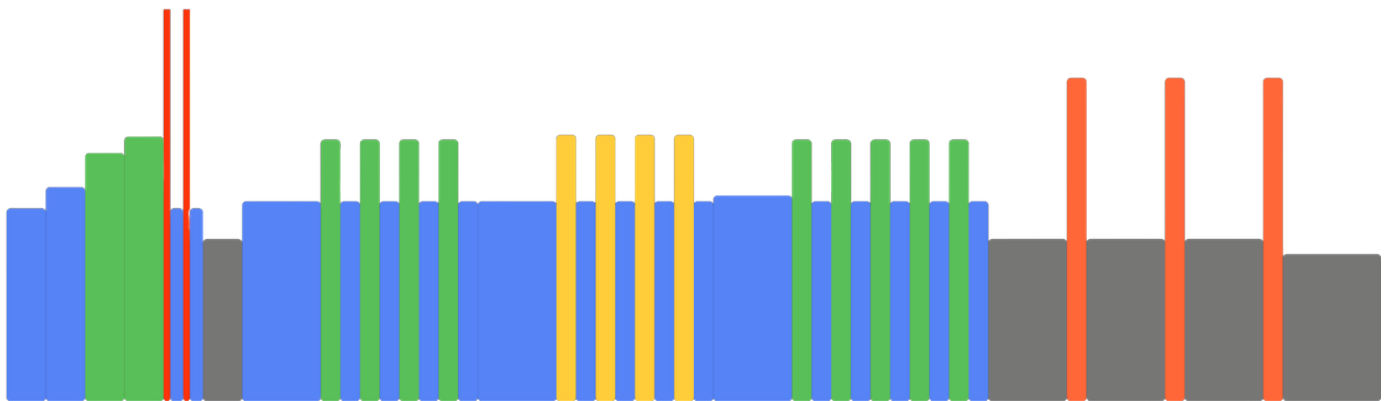
Build tempo durability
and sustained power
on climbs.

TEAM | CLS

THURSDAY HIGH 'n' LOW

Build the Engine | Rolling Roads | Wk 02

Steady	36:00	4:00	2.2
Tempo	40:00	1:00	2.8
Steady	41:00	1:00	2.2
Tempo	42:00	1:00	2.8
Steady	43:00	1:00	2.2
Tempo	44:00	1:00	2.8
Steady	45:00	1:00	2.2
Tempo	46:00	1:00	2.8
Steady	47:00	1:00	2.2
Tempo	48:00	1:00	2.8
Steady	49:00	1:00	2.2
Rest	50:00	4:00	1.8
Surge	54:00	1:00	3.4
Rest	55:00	4:00	1.8
Surge	59:00	1:00	3.4
Rest	60:00	4:00	1.8
Surge	64:00	1:00	3.4
Cool down	65:00	5:00	Cool down



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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.