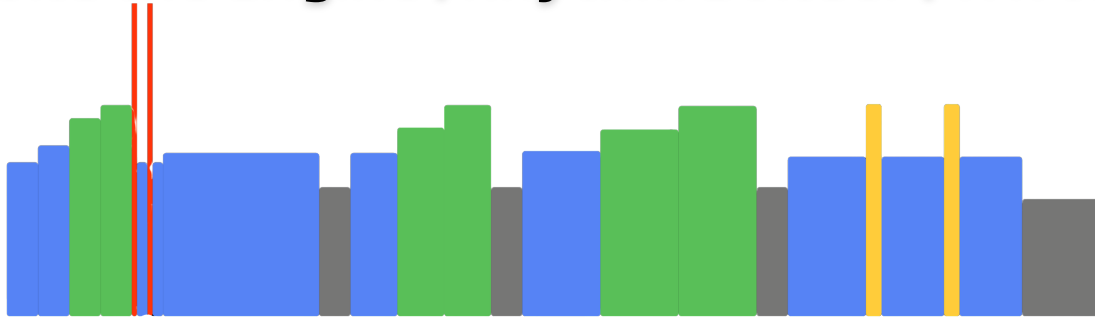


TEAM | CLS

TUESDAY THIS 'n' THAT

Build the Engine | Rhythm Builder | 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			
Steady effort	10:00	10:00	2.2
Rest	20:00	2:00	1.8
Ramp 1	22:00	3:00	2.2
Ramp 2	25:00	3:00	2.5
Ramp 3	28:00	3:00	2.8
Rest	31:00	2:00	1.8
Ramp 1	33:00	5:00	2.2
Ramp 2	38:00	5:00	2.5
Ramp 3	43:00	5:00	2.8
Rest	48:00	2:00	1.8
Steady effort	50:00	5:00	2.2
Surge	55:00	1:00	2.9
Steady effort	56:00	4:00	2.2
Surge	60:00	1:00	2.9
Steady effort	61:00	4:00	2.2
Cool down	65:00	5:00	cool down

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



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.