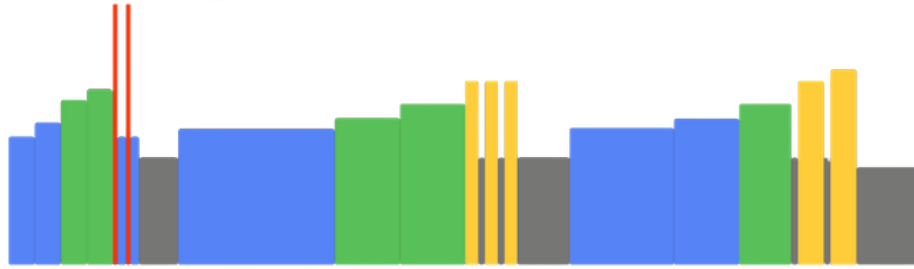


Build the Engine | Mountain Diesel | Wk 03



	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	3:00	2.0
Steady	13:00	12:00	2.5
Slight Ramp	25:00	5:00	2.7
Tempo	30:00	5:00	3.0
Sweetspot Surge	35:00	1:00	3.4
Short rest	36:00	0:30	2.0
Sweetspot Surge	36:30	1:00	3.4
Short rest	37:30	0:30	2.0
Sweetspot Surge	38:00	1:00	3.4
Rest	39:00	4:00	2.0
Steady	43:00	8:00	2.5
Slight Ramp	51:00	5:00	2.7
Tempo	56:00	4:00	3.0
Short rest	60:00	0:30	2.0
Sweetspot	60:30	2:00	3.4
Short rest	62:30	0:30	2.0
Final Threshold push	63:00	2:00	3.6
Cooldown	65:00	5:00	cooldown

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.