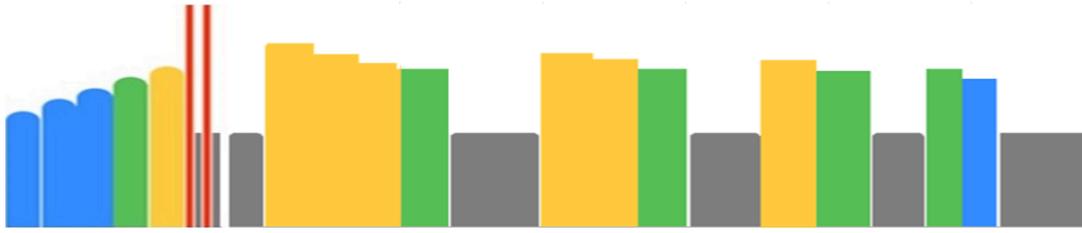


TEAM | CLS TUESDAY THIS 'n' THAT

Build phase 2025/26 - Week 11



	start	duration	w/kg
Warmup	00:00	02:00	2.2
Warmup	02:00	02:00	2.5
Warmup	04:00	02:00	2.8
Warmup	06:00	02:00	3.0
Warmup	08:00	00:20	4.4
Warmup	08:20	00:40	2.0
Warmup	09:00	00:20	4.4
Warmup	09:20	00:40	2.0
TIMESTAMP	10:00		
INTERVALS START			
Easy Start	10:00	02:00	2.2
Set 1	12:00	03:30	3.7
Ramp down	15:30	03:30	3.5
Ramp down	19:00	03:30	3.3
Ramp down	22:30	03:30	3.1
Rest	26:00	05:00	2.2
Set 2	31:00	04:00	3.5
Ramp down	35:00	04:00	3.3
Ramp down	39:00	04:00	3.1
Rest	43:00	04:00	2.2
Set 3	47:00	04:00	3.3
Ramp down	51:00	04:00	3.1
Rest	55:00	03:00	2.2
Set 4	58:00	04:00	3.1
Ramp down	02:00	04:00	2.9
Rest / Fun	06:00	04:00	2.2
END	10:00		

TEAM | CLS This 'n' That B cat workouts are based on a 75kg rider, 270w FTP / 3.6w/kg.

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