

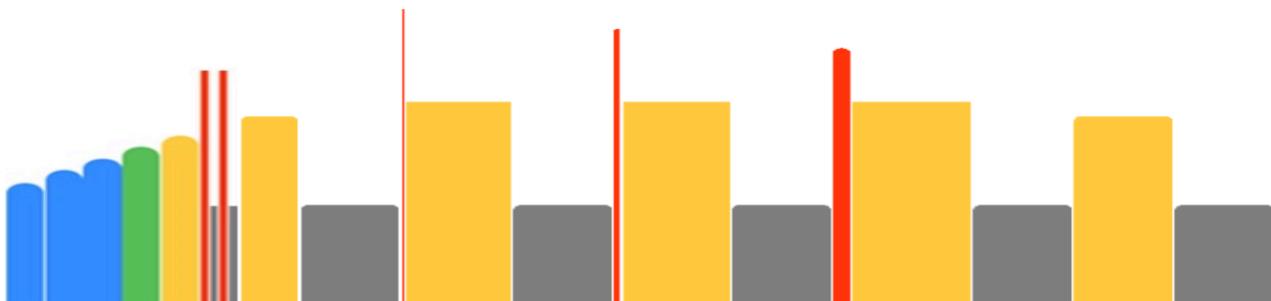
TEAM | CLS TUESDAY THIS 'n' THAT

Build phase 2025/26 - Week 4

Explosive climbs | Hard start intervals

Week 4 introduces threshold efforts with an explosive effort before. Each of the three main blocks is 7mins, with varying 'attack' and threshold time.

| | 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 | | | |
| Load it Up | 10:00 | 05:00 | 3.4 |
| Prepare | 15:00 | 06:00 | 2.2 |
| Explosion 1 | 21:00 | 00:20 | 5.8 |
| CLIMB 1 | 21:20 | 06:40 | 3.5 |
| Prepare | 28:00 | 06:00 | 2.2 |
| Explosion 2 | 34:00 | 00:30 | 5.4 |
| CLIMB 2 | 34:30 | 06:30 | 3.5 |
| Prepare | 41:00 | 06:00 | 2.2 |
| Explosion 3 | 47:00 | 01:00 | 5.1 |
| CLIMB 3 | 48:00 | 06:00 | 3.5 |
| Prepare | 54:00 | 06:00 | 2.2 |
| Final Drive | 00:00 | 06:00 | 3.5 |
| 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.