

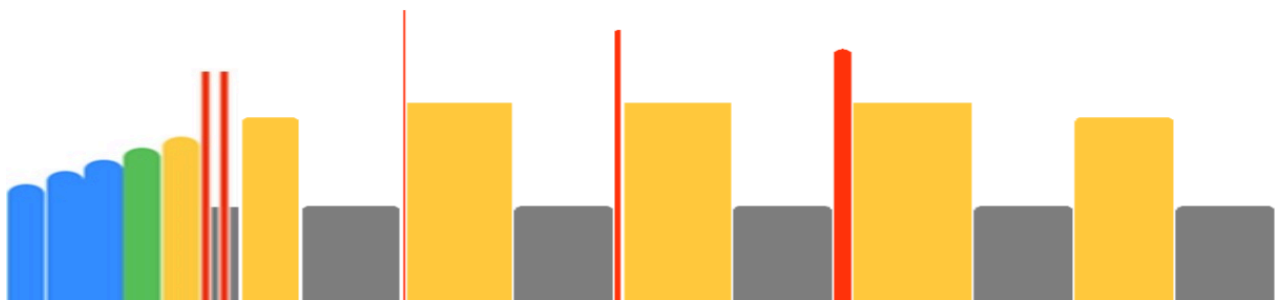
# TEAM | CLS TUESDAY THIS 'n' THAT

## 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 / 3.6wkg.  
Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.