

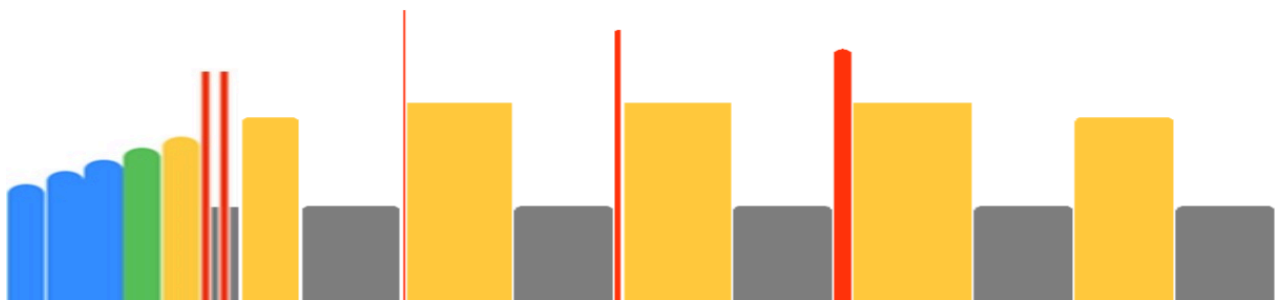
TEAM | CLS TUESDAY THIS 'n' THAT

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	1.9
Warmup	02:00	02:00	2.2
Warmup	04:00	02:00	2.4
Warmup	06:00	02:00	2.6
Warmup	08:00	00:20	3.8
Warmup	08:20	00:40	1.8
Warmup	09:00	00:20	3.8
Warmup	09:20	00:40	1.8
TIMESTAMP	10:00		
INTERVALS START			
Load it Up	10:00	05:00	2.9
Prepare	15:00	06:00	1.8
Explosion 1	21:00	00:20	5.0
CLIMB 1	21:20	06:40	3.0
Prepare	28:00	06:00	1.8
Explosion 2	34:00	00:30	4.7
CLIMB 2	34:30	06:30	3.0
Prepare	41:00	06:00	1.8
Explosion 3	47:00	01:00	4.2
CLIMB 3	48:00	06:00	3.0
Prepare	54:00	06:00	1.8
Final Drive	00:00	06:00	3.0
Rest / Fun	06:00	04:00	1.8
END	10:00		



TEAM | CLS This 'n' That C cat workouts are based on a 75kg rider, 235w FTP / 3.1wkg.
Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.