

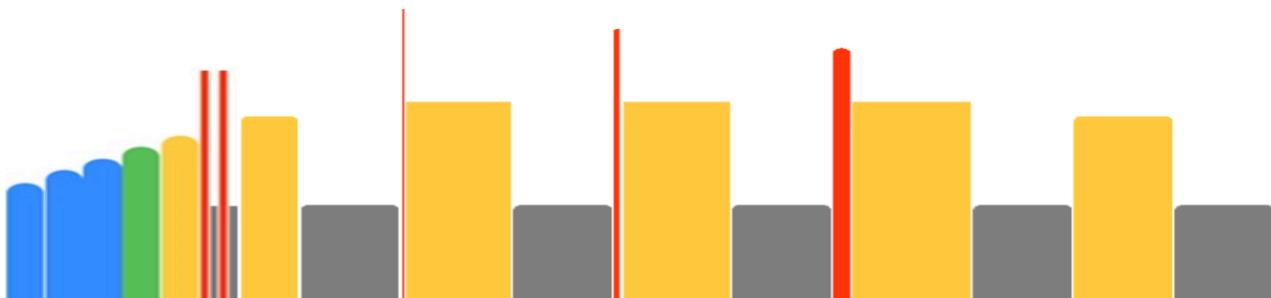
**TEAM | CLS THIS 'n' THAT**

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



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.