TEAM | CLS TUESDAY THIS 'n' THAT

Build phase 2025/26 - Week 5

Depleting 20's

Week 5 sees us working a mix of zones,
with the main block being a combination of endurance with high power surges

	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			
Extended Rest	10:00	01:00	2.0
Give me Some	11:00	04:00	3.3
Rest	15:00	01:00	2.0
Squeeze	16:00	01:00	3.8
Rest	17:00	02:00	2.0
Climb 1	19:00	15:00	3.1
Rest	34:00	01:00	2.0
20's	35:00	00:20	6.0
Rest	35:20	01:40	2.4
20's	37:00	00:20	6.0
Rest	37:20	01:40	2.4
20's	39:00	00:20	6.0
Rest	39:20	01:40	2.4
20's	41:00	00:20	6.0
Rest	41:20	01:40	2.4
20's	43:00	00:20	6.0
Rest	43:20	01:40	2.4
20's	45:00	00:20	6.0
Rest	45:20	01:40	2.4
20's	47:00	00:20	6.0
Rest	47:20	01:40	2.4
20's	49:00	00:20	6.0
Rest	49:20	01:40	2.4
Climb 1	51:00	15:00	3.1
REST / FUN	06:00	04:00	2.0
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.