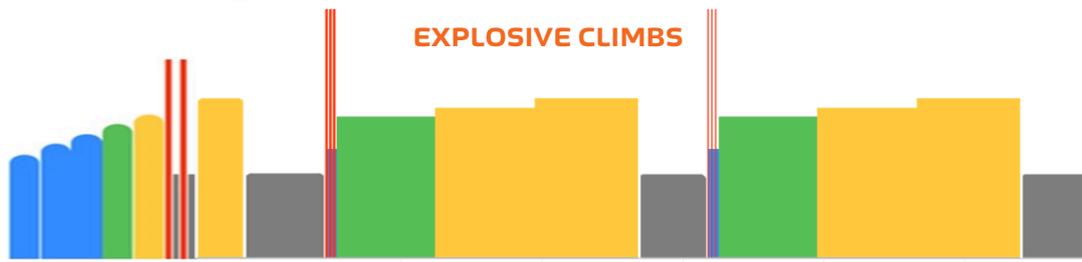


TEAM | CLS TUESDAY THIS 'n' THAT

Build phase 2025/26 - Week 7



	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	3.5
Prepare	15:00	06:00	2.2
BOOM / ON	21:00	00:15	5.5
REST / OFF	21:15	00:45	2.5
BOOM / ON	22:00	00:15	5.5
REST / OFF	22:15	00:45	2.5
BOOM / ON	23:00	00:15	5.5
REST / OFF	23:15	00:45	2.5
Step 1 - LOW CADENCE	24:00	05:00	3.0
Step 2 - LOW CADENCE	29:00	05:00	3.2
Step 3 - LOW CADENCE	34:00	05:00	3.4
Recover	39:00	05:00	2.2
BOOM / ON	44:00	00:15	5.5
REST / OFF	44:15	00:45	2.5
BOOM / ON	45:00	00:15	5.5
REST / OFF	45:15	00:45	2.5
BOOM / ON	46:00	00:15	5.5
REST / OFF	46:15	00:45	2.5
Step 1 - LOW CADENCE	47:00	05:00	3.0
Step 2 - LOW CADENCE	52:00	05:00	3.2
Step 3 - LOW CADENCE	57:00	05:00	3.4
Recover	02:00	05:00	2.2
Rest / Fun / Ramp - LEADER DECIDES	07:00	03:00	2.5
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.