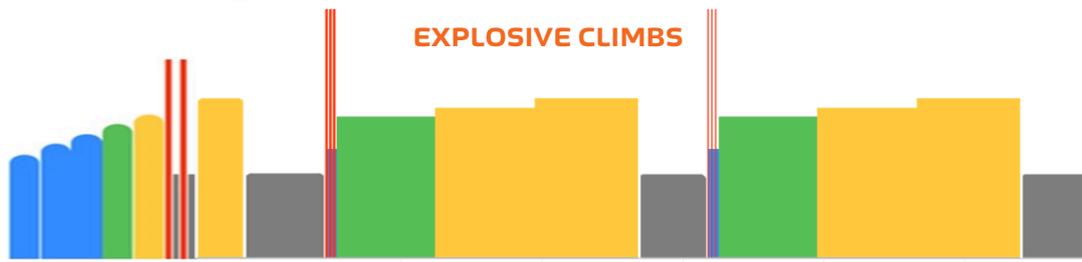


# TEAM | CLS TUESDAY THIS 'n' THAT

## Build phase 2025/26 - Week 7



	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		
<b>INTERVALS START</b>			
Load it Up	10:00	05:00	3.1
Prepare	15:00	06:00	2.0
BOOM / ON	21:00	00:15	4.8
REST / OFF	21:15	00:45	2.2
BOOM / ON	22:00	00:15	4.8
REST / OFF	22:15	00:45	2.2
BOOM / ON	23:00	00:15	4.8
REST / OFF	23:15	00:45	2.2
Step 1 - LOW CADENCE	24:00	05:00	2.6
Step 2 - LOW CADENCE	29:00	05:00	2.8
Step 3 - LOW CADENCE	34:00	05:00	3.0
Recover	39:00	05:00	2.0
BOOM / ON	44:00	00:15	4.8
REST / OFF	44:15	00:45	2.2
BOOM / ON	45:00	00:15	4.8
REST / OFF	45:15	00:45	2.2
BOOM / ON	46:00	00:15	4.8
REST / OFF	46:15	00:45	2.2
Step 1 - LOW CADENCE	47:00	05:00	2.6
Step 2 - LOW CADENCE	52:00	05:00	2.8
Step 3 - LOW CADENCE	57:00	05:00	3.0
Recover	02:00	05:00	2.0
Rest / Fun / Ramp - LEADER DECIDES	07:00	03:00	2.2
END	10:00		

TEAM | CLS This 'n' That C cat workouts are based on a 75kg rider, 235w FTP / 3.1w/kg.

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