

TEAM | CLS TUESDAY THIS 'n' THAT

Build phase 2025/26 - Week 9

Sweet Spot - 1 x 60 Mins

It's time to re-visit the session we did at the end of our base phase.

We use this session to check in with the strength we've built, with the hope being that it should feel more manageable.

Try to pay attention to your rate of perceived exertion (RPE) and heart rate for the session... Is it lower than last time?

	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			
Sweet Spot 1	10:00	60:00	3.3
END	1:10:00		

... If you have the time, spin the legs easy for at least another 10mins, to bring that HR down and flush the lactate out before jumping off the bike!

