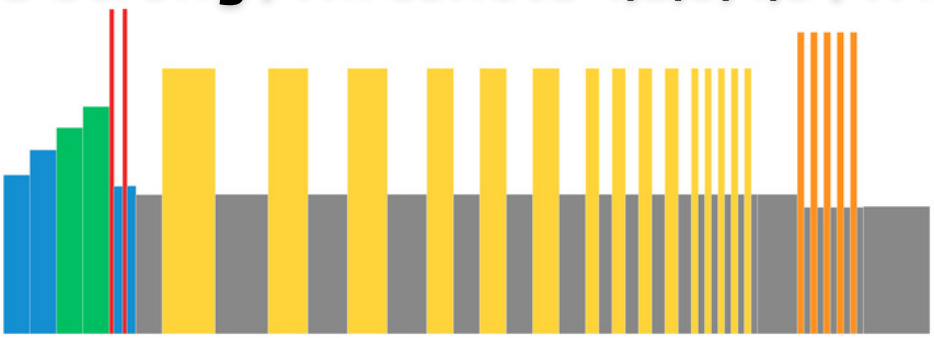
TEAM | CLS

THURSDAY HIGH 'n' LOW

Climb Strong | Threshold 1,2,3,4,5 | Wk 01



	Start	Duration	W/kg
Warmup	00:00	02:00	2.3
Warmup	02:00	02:00	2.6
Warmup	04:00	02:00	2.9
Warmup	06:00	02:00	3.2
Warmup	08:00	00:20	4.6
Warmup	08:20	00:40	2.2
Warmup	09:00	00:20	4.6
Warmup	09:20	00:40	2.2

Get ready!	10:00	02:00	2.0
105% - 4min	12:00	04:00	3.8
Rest (1:1)	16:00	04:00	2.0
105% - 3min	20:00	03:00	3.8
Rest (1:1)	23:00	03:00	2.0
105% - 3min	26:00	03:00	3.8
Rest (1:1)	29:00	03:00	2.0
105% - 2min	32:00	02:00	3.8
Rest (1:1)	34:00	02:00	2.0
105% - 2min	36:00	02:00	3.8
Rest (1:1)	38:00	02:00	2.0
105% - 2min	40:00	02:00	3.8
Rest (1:1)	42:00	02:00	2.0
105% - 1min	44:00	01:00	3.8
Rest (1:1)	45:00	01:00	2.0
105% - 1min	46:00	01:00	3.8
Rest (1:1)	47:00	01:00	2.0
105% - 1min	48:00	01:00	3.8
Rest (1:1)	49:00	01:00	2.0
105% - 1min	50:00	01:00	3.8
Rest (1:1)	51:00	01:00	2.0

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.



03 | CLIMB STRONG

2 NOV – 29 NOV

FOCUS:
CLIMBING STRENGTH

Increase climbing power and build strength for long ascents.

TUESDAY
CLIMBING STRENGTH
Build climbing strength with sustained efforts and sustained tempo on climbs.

THURSDAY
THRESHOLD DEVELOPMENT
Develop threshold power to climb longer and stronger.

TEAM | CLS

THURSDAY HIGH 'n' LOW

Climb Strong | Threshold 1,2,3,4,5 | Wk 01

30/30 ON	52:00	00:30	3.8
30/30 OFF	52:30	00:30	2.0
30/30 ON	53:00	00:30	3.8
30/30 OFF	53:30	00:30	2.0
30/30 ON	54:00	00:30	3.8
30/30 OFF	54:30	00:30	2.0
30/30 ON	55:00	00:30	3.8
30/30 OFF	55:30	00:30	2.0
30/30 ON	56:00	00:30	3.8
30/30 OFF	56:30	00:30	2.0
REST	57:00	03:00	2.0
30/30 ON	60:00	00:30	4.3
30/30 OFF	60:30	00:30	1.8
30/30 ON	61:00	00:30	4.3
30/30 OFF	61:30	00:30	1.8
30/30 ON	62:00	00:30	4.3
30/30 OFF	62:30	00:30	1.8
30/30 ON	63:00	00:30	4.3
30/30 OFF	63:30	00:30	1.8
30/30 ON	64:00	00:30	4.3
30/30 OFF	64:30	00:30	1.8
Cooldown	65:00	05:00	Cooldown

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.



03 | CLIMB STRONG

2 NOV – 29 NOV

FOCUS:
CLIMBING STRENGTH

Increase climbing power and build strength for long ascents.

TUESDAY
CLIMBING STRENGTH
Build climbing strength with sustained efforts and sustained tempo on climbs.

THURSDAY
THRESHOLD DEVELOPMENT
Develop threshold power to climb longer and stronger.