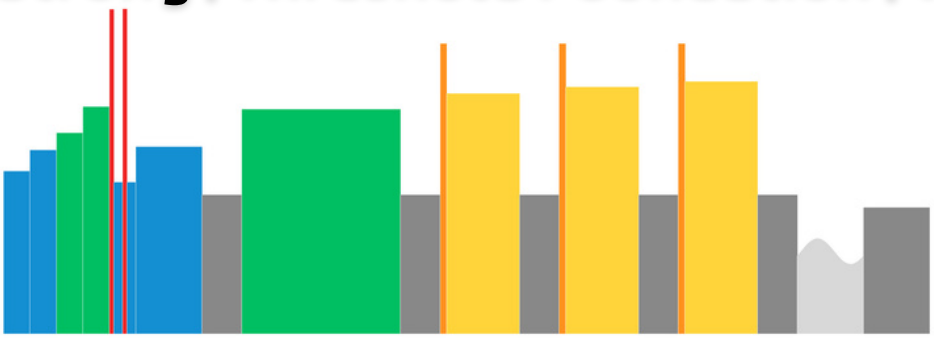
TEAM | CLS

TUESDAY THIS 'n' THAT

Climb Strong | Threshold Foundation | Wk 01



	Start	Duration	W/kg
Warmup	00:00	02:00	2.1
Warmup	02:00	02:00	2.3
Warmup	04:00	02:00	2.6
Warmup	06:00	02:00	2.8
Warmup	08:00	00:20	4.2
Warmup	08:20	00:40	2.0
Warmup	09:00	00:20	4.2
Warmup	09:20	00:40	2.0
Let's get going	10:00	05:00	2.3
Short rest	15:00	03:00	1.8
Tempo / Sweetspot	18:00	12:00	2.8
Rest	30:00	03:00	1.8
Surge	33:00	00:30	3.6
Settle and Hold (95%)	33:30	05:30	3.0
Rest	39:00	03:00	1.8
Surge	42:00	00:30	3.6
Settle and Hold (98%)	42:30	05:30	3.1
Rest	48:00	03:00	1.8
Surge	51:00	00:30	3.6
Settle and Hold (100%)	51:30	05:30	3.1
Rest	57:00	03:00	1.8
BEACONS CHOICE	60:00	05:00	BEACONS CHOICE
Cool down	65:00	05:00	1.8

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