

Team CLS Thursday High 'n' Low Madness

Fondational Fitness

Phase	Season	Week	
Base	2025 - 2026	06	
Key factors	Effort time	Target FTP	Target kg
Set your base	01:10:00	285	73

Category B	start	duration	FTP	Watts	W/kg
Warmup 1	00:00	04:00	51%	146	2,0
Warmup 2	04:00	02:00	59%	168	2,3
Warmup 3	06:00	02:00	67%	190	2,6
Warmup 4	08:00	02:00	74%	212	2,9
Warmup 5	10:00	02:00	51%	146	2,0
Base 1	12:00	02:00	82%	234	3,2
Hard rest	14:00	01:00	51%	146	2,0
Base 2	15:00	02:00	82%	234	3,2
Hard rest	17:00	01:00	51%	146	2,0
Base 3	18:00	02:00	82%	234	3,2
Hard rest	20:00	01:00	51%	146	2,0
Base 7	21:00	02:00	82%	234	3,2
Hard rest	23:00	01:00	51%	146	2,0
Base 12	24:00	02:00	82%	234	3,2
Hard rest	26:00	01:00	51%	146	2,0
Base 19	27:00	02:00	82%	234	3,2
Hard rest	29:00	01:00	51%	146	2,0
Cruise	30:00	05:00	64%	183	2,5
Base 26	35:00	03:00	82%	234	3,2
Cruise	38:00	05:00	64%	183	2,5
Base 33	43:00	03:00	82%	234	3,2
Cruise	46:00	05:00	64%	183	2,5
Base 42	51:00	03:00	85%	241	3,3
Cruise	54:00	05:00	64%	183	2,5
Base 56	59:00	03:00	87%	248	3,4
Cruise	01:02:00	05:00	64%	183	2,5
Base Pyramid	01:07:00	03:00	90%	256	3,5
Automatic Zwift cool down	01:10:00	05:00	your	own	pace
Finish	01:15:00	Pompoms to all *\0/*			