

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	245	73

Category C	start	duration	FTP	Watts	W/kg
Warmup 1	00:00	04:00	51%	124	1,7
Warmup 2	04:00	02:00	60%	146	2,0
Warmup 3	06:00	02:00	66%	161	2,2
Warmup 4	08:00	02:00	74%	183	2,5
Warmup 5	10:00	02:00	51%	124	1,7
Base 1	12:00	02:00	83%	204	2,8
Hard rest	14:00	01:00	51%	124	1,7
Base 2	15:00	02:00	83%	204	2,8
Hard rest	17:00	01:00	51%	124	1,7
Base 3	18:00	02:00	83%	204	2,8
Hard rest	20:00	01:00	51%	124	1,7
Base 7	21:00	02:00	83%	204	2,8
Hard rest	23:00	01:00	51%	124	1,7
Base 12	24:00	02:00	83%	204	2,8
Hard rest	26:00	01:00	51%	124	1,7
Base 19	27:00	02:00	83%	204	2,8
Hard rest	29:00	01:00	51%	124	1,7
Cruise	30:00	05:00	63%	153	2,1
Base 26	35:00	03:00	83%	204	2,8
Cruise	38:00	05:00	63%	153	2,1
Base 33	43:00	03:00	83%	204	2,8
Cruise	46:00	05:00	63%	153	2,1
Base 42	51:00	03:00	86%	212	2,9
Cruise	54:00	05:00	63%	153	2,1
Base 56	59:00	03:00	89%	219	3,0
Cruise	01:02:00	05:00	74%	183	2,5
Base Pyramid	01:07:00	03:00	92%	226	3,1
Automatic Zwift cool down	01:10:00	05:00	your	own	pace
Finish	01:15:00	Pompoms to all *\0/*			