

Team CLS Thursday High 'n' Low Madness

Foundational Fitness

Phase	Season	Week	
BASE	2025 - 2026	09	
Key factors	Effort time	Target FTP	Target kg
Tapering	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	01:00	63%	153	2,1
Warmup 3	05:00	01:00	60%	146	2,0
Warmup 4	06:00	01:00	69%	168	2,3
Warmup 5	07:00	01:00	60%	146	2,0
Warmup 6	08:00	01:00	69%	168	2,3
Warmup 7	09:00	01:00	60%	146	2,0
Warmup 8	10:00	01:00	69%	168	2,3
Low 01	11:00	05:00	63%	153	2,1
Build up	16:00	00:30	89%	219	3,0
Push	16:30	00:10	179%	438	6,0
Let roll only	16:40	00:30	3%	7	0,1
Hard rest	17:10	02:50	51%	124	1,7
Shake one	20:00	00:20	101%	248	3,4
Hard rest	20:20	00:40	51%	124	1,7
Shake two	21:00	00:20	101%	248	3,4
Hard rest	21:20	00:40	51%	124	1,7
Shake three	22:00	00:20	101%	248	3,4
Hard rest	22:20	00:40	51%	124	1,7
Low 02	23:00	05:00	63%	153	2,1
Build up	28:00	00:30	89%	219	3,0
Push	28:30	00:10	179%	438	6,0
Let roll only	28:40	00:30	3%	7	0,1
Hard rest	29:10	02:50	51%	124	1,7
Shake one	32:00	00:20	101%	248	3,4
Hard rest	32:20	00:40	51%	124	1,7
Shake two	33:00	00:20	101%	248	3,4
Hard rest	33:20	00:40	51%	124	1,7
Shake three	34:00	00:20	101%	248	3,4
Hard rest	34:20	00:40	51%	124	1,7
Low 03	35:00	05:00	63%	153	2,1

Build up	40:00	00:30	89%	219	3,0
Push	40:30	00:10	179%	438	6,0
Let roll only	40:40	00:30	3%	7	0,1
Hard rest	41:10	02:50	51%	124	1,7
Shake one	44:00	00:20	101%	248	3,4
Hard rest	44:20	00:40	51%	124	1,7
Shake two	45:00	00:20	101%	248	3,4
Hard rest	45:20	00:40	51%	124	1,7
Shake three	46:00	00:20	101%	248	3,4
Hard rest	46:20	00:40	51%	124	1,7
Low 04	47:00	05:00	63%	153	2,1
Build up	52:00	00:30	89%	219	3,0
Push	52:30	00:10	179%	438	6,0
Let roll only	52:40	00:30	3%	7	0,1
Hard rest	53:10	02:50	51%	124	1,7
Shake one	56:00	00:20	101%	248	3,4
Hard rest	56:20	00:40	51%	124	1,7
Shake two	57:00	00:20	101%	248	3,4
Hard rest	57:20	00:40	51%	124	1,7
Shake three	58:00	00:20	101%	248	3,4
Hard rest	58:20	00:40	51%	124	1,7
Low 04	59:00	05:00	63%	153	2,1
Build up	01:04:00	00:30	89%	219	3,0
Push	01:04:30	00:10	179%	438	6,0
Let roll only	01:04:40	00:30	3%	7	0,1
Cool down 01	01:05:10	01:50	66%	161	2,2
Cool down 02	01:07:00	01:30	60%	146	2,0
Cool down 03	01:08:30	01:30	54%	131	1,8
Automatic Zwift cool down	01:10:00	05:00	your	own	pace
Finish	01:15:00	Pompoms to all *\0/*			