

Team CLS Thursday High 'n' Low Madness

Foundational Fitness

Phase	Season	Week	
FTP Advancer	2025 - 2026	10	
Key factors	Effort time	Target FTP	Target kg
Tapering	01:10:00	285	73

Category B	start	duration	FTP	Watts	W/kg
Warmup 1	00:00	06:00	61%	175	2,4
Warmup 2	06:00	01:00	74%	212	2,9
Warmup 3	07:00	01:00	61%	175	2,4
Warmup 4	08:00	01:00	74%	212	2,9
Warmup 5	09:00	01:00	61%	175	2,4
ON	10:00	01:00	102%	292	4,0
OFF	11:00	01:00	51%	146	2,0
ON	12:00	01:30	102%	292	4,0
OFF	13:30	01:00	51%	146	2,0
ON	14:30	02:00	102%	292	4,0
OFF	16:30	01:00	51%	146	2,0
ON	17:30	02:00	102%	292	4,0
OFF	19:30	01:30	51%	146	2,0
ON	21:00	02:00	102%	292	4,0
Hard rest	23:00	05:00	51%	146	2,0
ON	28:00	01:00	102%	292	4,0
OFF	29:00	01:00	51%	146	2,0
ON	30:00	01:30	102%	292	4,0
OFF	31:30	01:00	51%	146	2,0
ON	32:30	02:00	102%	292	4,0
OFF	34:30	01:00	51%	146	2,0
ON	35:30	02:00	102%	292	4,0
OFF	37:30	01:30	51%	146	2,0
ON	39:00	02:00	102%	292	4,0
Hard rest	41:00	05:00	51%	146	2,0
ON	46:00	01:00	102%	292	4,0
OFF	47:00	01:00	51%	146	2,0
ON	48:00	01:30	102%	292	4,0
OFF	49:30	01:00	51%	146	2,0
ON	50:30	02:00	102%	292	4,0
OFF	52:30	01:00	51%	146	2,0

ON	53:30	02:00	102%	292	4,0
OFF	55:30	01:30	51%	146	2,0
ON	57:00	02:00	102%	292	4,0
Hard rest	59:00	05:00	51%	146	2,0
Shooter PYRAMID !!!	01:04:00	01:00	64%	183	2,5
and more	01:05:00	01:00	77%	219	3,0
more more	01:06:00	01:00	90%	256	3,5
MORE!!!	01:07:00	01:00	102%	292	4,0
MOOOOOOOOOORE !!!!!	01:08:00	01:00	115%	329	4,5
HELL YEAH !!!!	01:09:00	01:00	154%	438	6,0
Automatic Zwift cool down	01:10:00	05:00	your	own	pace
Finish	01:15:00	Pompoms to all *\0/*			