

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	245	73

Category C	start	duration	FTP	Watts	W/kg
Warmup 1	00:00	06:00	60%	146	2,0
Warmup 2	06:00	01:00	74%	183	2,5
Warmup 3	07:00	01:00	60%	146	2,0
Warmup 4	08:00	01:00	74%	183	2,5
Warmup 5	09:00	01:00	60%	146	2,0
ON	10:00	01:00	104%	256	3,5
OFF	11:00	01:00	51%	124	1,7
ON	12:00	01:30	104%	256	3,5
OFF	13:30	01:00	51%	124	1,7
ON	14:30	02:00	104%	256	3,5
OFF	16:30	01:00	51%	124	1,7
ON	17:30	02:00	104%	256	3,5
OFF	19:30	01:30	51%	124	1,7
ON	21:00	02:00	104%	256	3,5
Hard rest	23:00	05:00	51%	124	1,7
ON	28:00	01:00	104%	256	3,5
OFF	29:00	01:00	51%	124	1,7
ON	30:00	01:30	104%	256	3,5
OFF	31:30	01:00	51%	124	1,7
ON	32:30	02:00	104%	256	3,5
OFF	34:30	01:00	51%	124	1,7
ON	35:30	02:00	104%	256	3,5
OFF	37:30	01:30	51%	124	1,7
ON	39:00	02:00	104%	256	3,5
Hard rest	41:00	05:00	51%	124	1,7
ON	46:00	01:00	104%	256	3,5
OFF	47:00	01:00	51%	124	1,7
ON	48:00	01:30	104%	256	3,5
OFF	49:30	01:00	51%	124	1,7
ON	50:30	02:00	104%	256	3,5
OFF	52:30	01:00	51%	124	1,7

ON	53:30	02:00	104%	256	3,5
OFF	55:30	01:30	51%	124	1,7
ON	57:00	02:00	104%	256	3,5
Hard rest	59:00	05:00	51%	124	1,7
Shooter PYRAMID !!!	01:04:00	01:00	63%	153	2,1
and more	01:05:00	01:00	77%	190	2,6
more more	01:06:00	01:00	89%	219	3,0
MORE!!!	01:07:00	01:00	101%	248	3,4
MOOOOOOOOOORE !!!!!	01:08:00	01:00	116%	285	3,9
HELL YEAH !!!!	01:09:00	01:00	152%	372	5,1
Automatic Zwift cool down	01:10:00	05:00	your	own	pace
Finish	01:15:00	Pompoms to all *\0/*			