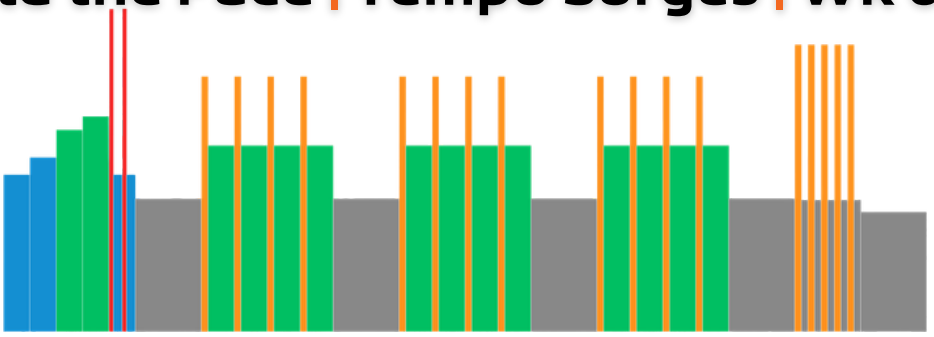
TEAM | CLS

THURSDAY HIGH 'n' LOW

Hold the Pace | Tempo Surges | Wk 01



	Start	Duration	W/kg
Warmup	00:00	02:00	2.3
Warmup	02:00	02:00	2.6
Warmup	04:00	02:00	2.9
Warmup	06:00	02:00	3.2
Warmup	08:00	00:20	4.6
Warmup	08:20	00:40	2.2
Warmup	09:00	00:20	4.6
Warmup	09:20	00:40	2.2
TIMESTAMP	10:00		
GET READY	10:00	05:00	1.8
Surge	15:00	00:30	3.3
Tempo	15:30	02:00	2.4
Surge	17:30	00:30	3.3
Tempo	18:00	02:00	2.4
Surge	20:00	00:30	3.3
Tempo	20:30	02:00	2.4
Surge	22:30	00:30	3.3
Tempo	23:00	02:00	2.4
REST	25:00	05:00	1.8
Surge	30:00	00:30	3.3
Tempo	30:30	02:00	2.4
Surge	32:30	00:30	3.3
Tempo	33:00	02:00	2.4
Surge	35:00	00:30	3.3
Tempo	35:30	02:00	2.4
Surge	37:30	00:30	3.3
Tempo	38:00	02:00	2.4
REST	40:00	05:00	1.8

TEAM | CLS This 'n' That B cat workouts are based on a 75kg rider, 235W FTP / 3.1wkg.
Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.

02 | HOLD THE PACE

28 SEPT – 1 NOV

FOCUS:
MUSCULAR ENDURANCE

Increase tempo durability and sustained power on climbs.

TUESDAY

Z3 ENDURANCE TEMPO

Increase your muscular endurance with controlled tempo and steady effort.

THURSDAY

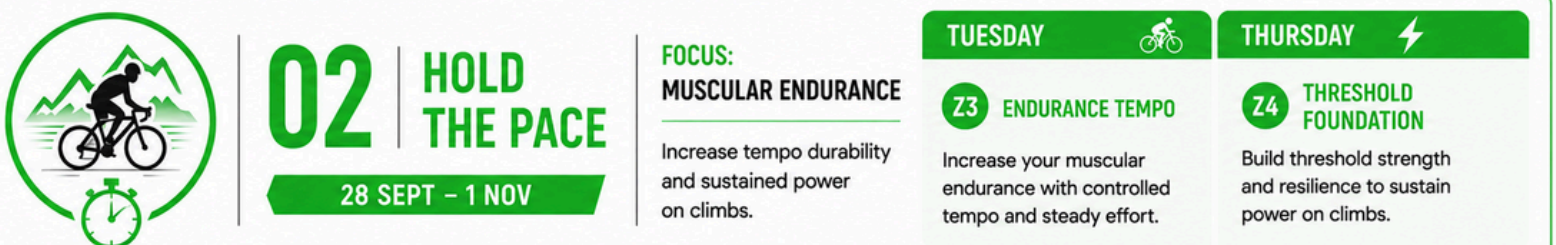
Z4 THRESHOLD FOUNDATION

Build threshold strength and resilience to sustain power on climbs.

TEAM | CLS

THURSDAY HIGH 'n' LOW

Hold the Pace | Tempo Surges | Wk 01

Surge	45:00	00:30	3.3
Tempo	45:30	02:00	2.4
Surge	47:30	00:30	3.3
Tempo	48:00	02:00	2.4
Surge	50:00	00:30	3.3
Tempo	50:30	02:00	2.4
Surge	52:30	00:30	3.3
Tempo	53:00	02:00	2.4
REST	55:00	05:00	1.8
ON	60:00	00:30	3.8
OFF	60:30	00:30	1.8
ON	61:00	00:30	3.8
OFF	61:30	00:30	1.8
ON	62:00	00:30	3.8
OFF	62:30	00:30	1.8
ON	63:00	00:30	3.8
OFF	63:30	00:30	1.8
ON	64:00	00:30	3.8
OFF	64:30	00:30	1.8
Cooldown	65:00	05:00	Cooldown

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