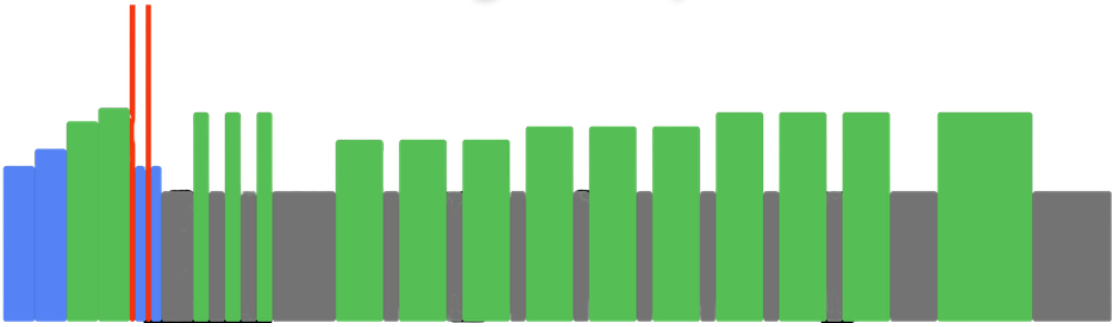
TEAM | CLS

TUESDAY THIS 'n' THAT

Hold the Pace | High Torque Hills | Wk 01



	Start	Duration	W/kg
Warmup	00:00	02:00	2.1
Warmup	02:00	02:00	2.3
Warmup	04:00	02:00	2.6
Warmup	06:00	02:00	2.8
Warmup	08:00	00:20	4.2
Warmup	08:20	00:40	2.0
Warmup	09:00	00:20	4.2
Warmup	09:20	00:40	2.0
TIMESTAMP	10:00		

Ease into it	10:00	2:00	1.8
Opener effort 1	12:00	1:00	2.8
Rest	13:00	1:00	1.8
Opener effort 2	14:00	1:00	2.8
Rest	15:00	1:00	1.8
Opener effort 3	16:00	1:00	2.8
Extended Rest	17:00	4:00	1.8
Normal Cadence	21:00	3:00	2.4
Short rest	24:00	1:00	1.8
Normal Cadence	25:00	3:00	2.4
Short rest	28:00	1:00	1.8
Normal Cadence	29:00	3:00	2.4
Short rest	32:00	1:00	1.8
Low Cadence	33:00	3:00	2.6
Short rest	36:00	1:00	1.8
Low Cadence	37:00	3:00	2.6
Short rest	40:00	1:00	1.8
Low Cadence	41:00	3:00	2.6

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

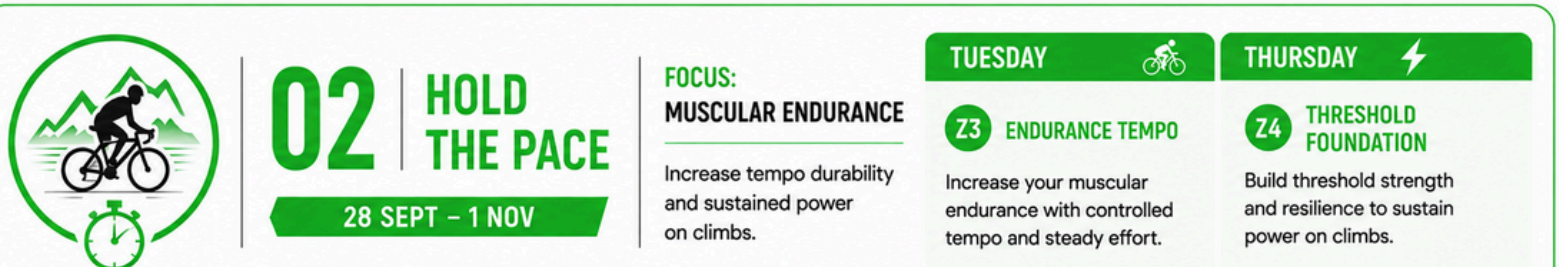
Z4 THRESHOLD FOUNDATION

Build threshold strength and resilience to sustain power on climbs.

TEAM | CLS

TUESDAY THIS 'n' THAT

Hold the Pace | High Torque Hills | Wk 01

Short rest	44:00	1:00	1.8
Low Cadence	45:00	3:00	2.8
Short rest	48:00	1:00	1.8
Low Cadence	49:00	3:00	2.8
Short rest	52:00	1:00	1.8
Low Cadence	53:00	3:00	2.8
Short rest	56:00	3:00	1.8
FINAL long effort	59:00	6:00	2.8
Cooldown	65:00	5:00	Cooldown

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