

TEAM | CLS TUESDAY THIS 'n' THAT

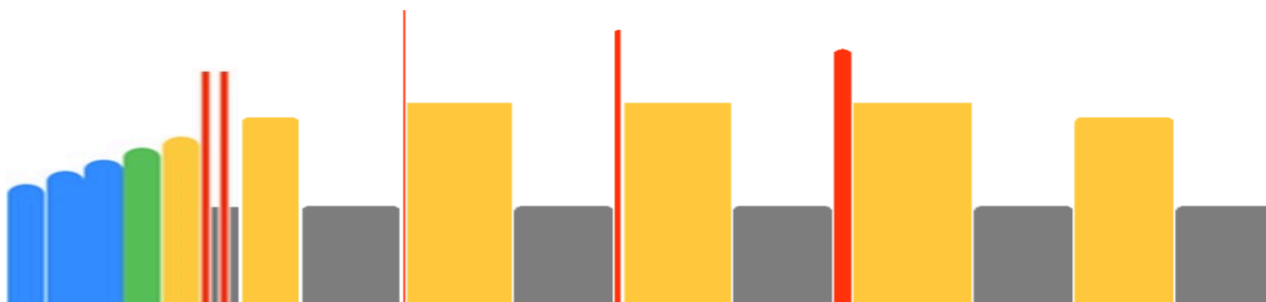
Peak phase 2025/26 - Week 1

Explosive climbs | Hard start intervals

Week 1 of our peak phase re-visits a build session, with an increase to the hard start to make the body work harder during the following threshold blocks.

Each of the three main blocks is 7mins, with varying 'attack' and threshold time.

	start	duration	w/kg
Warmup	00:00	02:00	2.2
Warmup	02:00	02:00	2.5
Warmup	04:00	02:00	2.8
Warmup	06:00	02:00	3.0
Warmup	08:00	00:20	4.4
Warmup	08:20	00:40	2.0
Warmup	09:00	00:20	4.4
Warmup	09:20	00:40	2.0
TIMESTAMP	10:00		
INTERVALS START			
Load it Up	10:00	05:00	3.4
Prepare	15:00	06:00	2.2
Explosion 1	21:00	00:20	6.0
CLIMB 1	21:20	06:40	3.5
Prepare	28:00	06:00	2.2
Explosion 2	34:00	00:30	5.6
CLIMB 2	34:30	06:30	3.5
Prepare	41:00	06:00	2.2
Explosion 3	47:00	01:00	5.3
CLIMB 3	48:00	06:00	3.5
Prepare	54:00	06:00	2.2
Final Drive	00:00	06:00	3.5
Rest / Fun	06:00	04:00	2.2
END	10:00		



TEAM | CLS This 'n' That B cat workouts are based on a 75kg rider, 270w FTP / 3.6w/kg.

Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.