

TEAM | CLS TUESDAY THIS 'n' THAT

Peak phase 2025/26 - Week 2

	start	duration	w/kg
Warmup	00:00	04:00	2.0
Warmup	04:00	01:30	2.6
Warmup	05:30	00:30	3.1
Warmup	06:00	01:30	2.6
Warmup	07:30	00:30	3.1
Warmup	08:00	01:30	2.6
Warmup	09:30	00:30	3.1
TIMESTAMP	10:00		
INTERVALS START			
SET 1	10:00	01:00	3.7
	11:00	01:00	2.7
	12:00	01:00	3.7
	13:00	01:00	2.7
	14:00	01:00	3.7
	15:00	01:00	2.7
	16:00	01:00	4.0
	17:00	01:00	3.0
	18:00	01:00	4.0
	19:00	01:00	3.0
	20:00	01:00	3.9
	21:00	01:00	3.0
	22:00	01:00	4.2
	23:00	01:00	3.0
24:00	01:00	4.1	
25:00	01:00	3.1	
REST	26:00	05:00	2.0
SET 2	31:00	01:00	3.7
	32:00	01:00	2.7
	33:00	01:00	3.7
	34:00	01:00	2.7
	35:00	01:00	3.7
	36:00	01:00	2.7
	37:00	01:00	4.0
	38:00	01:00	3.0
	39:00	01:00	4.0
	40:00	01:00	3.0
	41:00	01:00	3.9
	42:00	01:00	3.0
43:00	01:00	4.2	
44:00	01:00	3.0	
45:00	01:00	4.1	
46:00	01:00	3.1	
REST	47:00	05:00	2.0

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REVERSE PYRAMID	52:00	02:00	3.9
	54:00	02:00	3.7
	56:00	02:00	3.5
	58:00	02:00	3.2
	00:00	02:00	2.9
	1:02:00	02:00	2.7
	1:04:00	02:00	2.6
	1:06:00	04:00	2.4
END	1:10:00		

