

TEAM | CLS TUESDAY THIS 'n' THAT

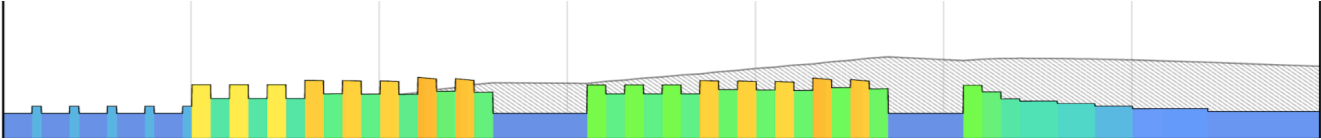
Peak phase 2025/26 - Week 2

	start	duration	w/kg
Warmup	00:00	04:00	1.7
Warmup	04:00	01:30	2.2
Warmup	05:30	00:30	2.7
Warmup	06:00	01:30	2.2
Warmup	07:30	00:30	2.7
Warmup	08:00	01:30	2.2
Warmup	09:30	00:30	2.7
TIMESTAMP	10:00		
INTERVALS START			
SET 1	10:00	01:00	3.2
	11:00	01:00	2.4
	12:00	01:00	3.2
	13:00	01:00	2.4
	14:00	01:00	3.2
	15:00	01:00	2.4
	16:00	01:00	3.4
	17:00	01:00	2.6
	18:00	01:00	3.4
	19:00	01:00	2.6
	20:00	01:00	3.4
	21:00	01:00	2.6
	22:00	01:00	3.6
	23:00	01:00	2.8
24:00	01:00	3.5	
25:00	01:00	2.7	
REST	26:00	05:00	1.7
SET 2	31:00	01:00	3.2
	32:00	01:00	2.4
	33:00	01:00	3.2
	34:00	01:00	2.4
	35:00	01:00	3.2
	36:00	01:00	2.4
	37:00	01:00	3.4
	38:00	01:00	2.6
	39:00	01:00	3.4
	40:00	01:00	2.6
	41:00	01:00	3.4
	42:00	01:00	2.6
43:00	01:00	3.6	
44:00	01:00	2.8	
45:00	01:00	3.5	
46:00	01:00	2.7	
REST	47:00	05:00	1.7

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REVERSE PYRAMID	52:00	02:00	3.4
	54:00	02:00	3.2
	56:00	02:00	3.0
	58:00	02:00	2.8
	00:00	02:00	2.5
	1:02:00	02:00	2.4
	1:04:00	02:00	2.2
	1:06:00	04:00	2.1
END	1:10:00		



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.