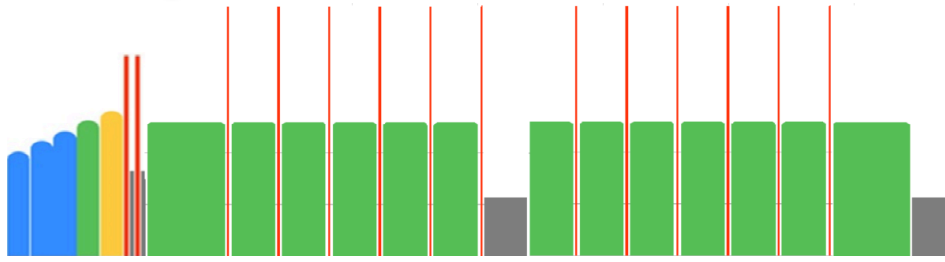


TEAM | CLS TUESDAY THIS 'n' THAT

Peak phase 2025/26 - Week 5



	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			
Tempo	10:00	06:00	3.1
Neuro Hit 1	16:00	00:30	5.8
Tempo	16:30	03:00	3.1
Neuro Hit 2	19:30	00:30	5.8
Tempo	20:00	03:00	3.1
Neuro Hit 3	23:00	00:30	5.8
Tempo	23:30	03:00	3.1
Neuro Hit 4	26:30	00:30	5.8
Tempo	27:00	03:00	3.1
Neuro Hit 5	30:00	00:30	5.8
Tempo	30:30	03:00	3.1
Neuro Hit 6	33:30	00:30	5.8
REST	34:00	05:00	2.0
Tempo	39:00	03:00	3.1
Neuro Hit 1	42:00	00:30	5.8
Tempo	42:30	03:00	3.1
Neuro Hit 2	45:30	00:30	5.8
Tempo	46:00	03:00	3.1
Neuro Hit 3	49:00	00:30	5.8
Tempo	49:30	03:00	3.1
Neuro Hit 4	52:30	00:30	5.8
Tempo	53:00	03:00	3.1
Neuro Hit 5	56:00	00:30	5.8
Tempo	56:30	03:00	3.1
Neuro Hit 6	59:30	00:30	5.8
Tempo	00:00	06:00	3.1
REST	06:00	04:00	2.0
END	10:00		

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

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