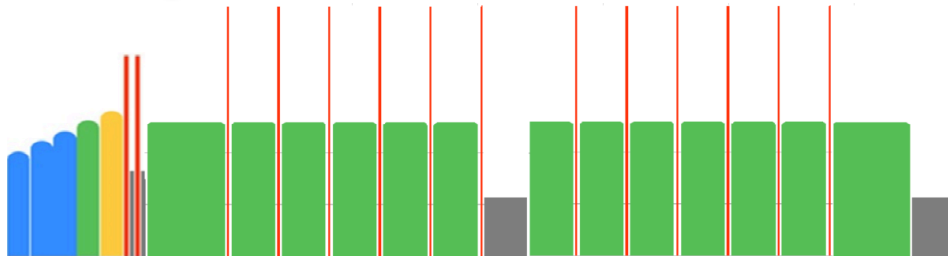


# TEAM | CLS TUESDAY THIS 'n' THAT

## Peak phase 2025/26 - Week 5



	start	duration	w/kg
Warmup	00:00	02:00	1.9
Warmup	02:00	02:00	2.2
Warmup	04:00	02:00	2.4
Warmup	06:00	02:00	2.6
Warmup	08:00	00:20	3.8
Warmup	08:20	00:40	1.8
Warmup	09:00	00:20	3.8
Warmup	09:20	00:40	1.8
TIMESTAMP	10:00		
<b>INTERVALS START</b>			
Tempo	10:00	06:00	2.7
Neuro Hit 1	16:00	00:30	5.0
Tempo	16:30	03:00	2.7
Neuro Hit 2	19:30	00:30	5.0
Tempo	20:00	03:00	2.7
Neuro Hit 3	23:00	00:30	5.0
Tempo	23:30	03:00	2.7
Neuro Hit 4	26:30	00:30	5.0
Tempo	27:00	03:00	2.7
Neuro Hit 5	30:00	00:30	5.0
Tempo	30:30	03:00	2.7
Neuro Hit 6	33:30	00:30	5.0
REST	34:00	05:00	1.8
Tempo	39:00	03:00	2.7
Neuro Hit 1	42:00	00:30	5.0
Tempo	42:30	03:00	2.7
Neuro Hit 2	45:30	00:30	5.0
Tempo	46:00	03:00	2.7
Neuro Hit 3	49:00	00:30	5.0
Tempo	49:30	03:00	2.7
Neuro Hit 4	52:30	00:30	5.0
Tempo	53:00	03:00	2.7
Neuro Hit 5	56:00	00:30	5.0
Tempo	56:30	03:00	2.7
Neuro Hit 6	59:30	00:30	5.0
Tempo	00:00	06:00	2.7
REST	06:00	04:00	1.8
END	10:00		

TEAM | CLS This 'n' That C cat workouts are based on a 75kg rider, 235w FTP / 3.1w/kg.

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