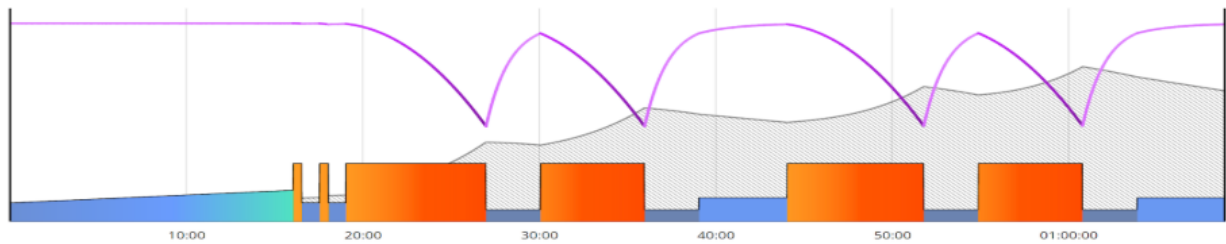


TEAM | CLS TUESDAY THIS 'n' THAT

Peak phase 2024/25 - Week 3



	start	duration	w/kg
Warmup	00:00	02:00	2.1
Warmup	02:00	02:00	2.2
Warmup	04:00	02:00	2.5
Warmup	06:00	02:00	2.7
Warmup	08:00	02:00	2.9
Warmup	10:00	02:00	3.1
Warmup	12:00	02:00	2.7
Warmup	14:00	02:00	2.2
TIMESTAMP	16:00		
INTERVALS START			
HIE Warmup	16:00	00:30	4.2
HIE Warmup	16:30	01:30	2.1
HIE Warmup	18:00	00:30	4.2
HIE Warmup	18:30	01:30	2.1
Supra-Threshold to Near Limit	20:00	08:00	4.2
Rest up	28:00	03:00	2.1
Supra-Threshold to Near Limit	31:00	06:00	4.2
Rest up	37:00	03:00	2.1
Easy Pedals	40:00	05:00	2.7
Supra-Threshold to Near Limit	45:00	08:00	4.2
Rest up	53:00	03:00	2.1
Supra-Threshold to Near Limit	56:00	06:00	4.2
Rest up	1:02:00	03:00	2.1
Free Ride (Suggested w/kg)	1:05:00	05:00	2.2
END	1:10:00		

TEAM | CLS This 'n' That B cat workouts are based on a 75kg rider, 285w FTP / 3.8w/kg.

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