

# TEAM | CLS TUESDAY THIS 'n' THAT

## Base phase 2024/25 - Week 4

### Sweet Spot - 5 x 10 Mins

We increase the duration, while also decreasing the rest periods, meaning each set you will enter with a little more fatigue. Take note of your Heart Rate towards the end of the first 10 min set and try to stay as close to that during the following blocks.

Focus on breathing AND positioning in the group to help.

	start	duration	w/kg
Warmup	00:00	02:00	2.0
Warmup	02:00	02:00	2.3
Warmup	04:00	02:00	2.5
Warmup	06:00	02:00	2.8
Warmup	08:00	00:20	4.0
Warmup	08:20	00:40	1.8
Warmup	09:00	00:20	4.0
Warmup	09:20	00:40	1.8
TIMESTAMP	10:00		
INTERVALS START			
Sweet Spot 1	10:00	10:00	3.0
Rest	20:00	04:00	1.8
Sweet Spot 2	24:00	10:00	3.0
Rest	34:00	03:00	1.8
Sweet Spot 3	37:00	10:00	3.0
Rest	47:00	02:00	1.8
Sweet Spot 4	49:00	10:00	3.0
Rest	59:00	01:00	1.8
PRE LOAD	00:00	00:20	4.0
Sweet Spot 5	00:20	09:40	3.0
END	10:00		



TEAM | CLS This 'n' That C cat workouts are based on a 75kg rider, 245w FTP / 3.3wkg.  
Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.