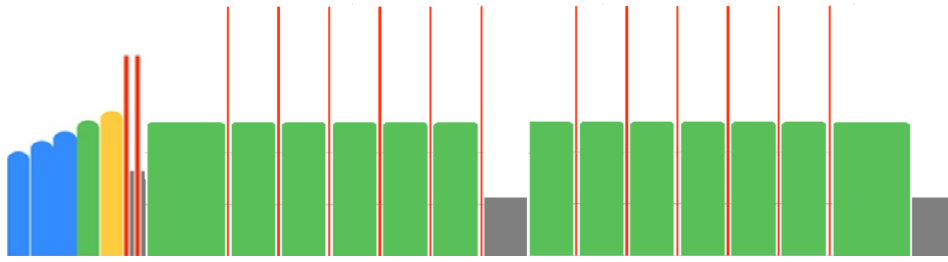


TEAM | CLS TUESDAY THIS 'n' THAT

Peak phase 2024/25 - Week 4



	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			
Anaerobic	10:00	06:00	2.8
Neuro Hit 1	16:00	00:30	5.2
Anaerobic	16:30	03:00	2.8
Neuro Hit 2	19:30	00:30	5.2
Anaerobic	20:00	03:00	2.8
Neuro Hit 3	23:00	00:30	5.2
Anaerobic	23:30	03:00	2.8
Neuro Hit 4	26:30	00:30	5.2
Anaerobic	27:00	03:00	2.8
Neuro Hit 5	30:00	00:30	5.2
Anaerobic	30:30	03:00	2.8
Neuro Hit 6	33:30	00:30	5.2
REST	34:00	05:00	1.8
Anaerobic	39:00	03:00	2.8
Neuro Hit 1	42:00	00:30	5.2
Anaerobic	42:30	03:00	2.8
Neuro Hit 2	45:30	00:30	5.2
Anaerobic	46:00	03:00	2.8
Neuro Hit 3	49:00	00:30	5.2
Anaerobic	49:30	03:00	2.8
Neuro Hit 4	52:30	00:30	5.2
Anaerobic	53:00	03:00	2.8
Neuro Hit 5	56:00	00:30	5.2
Anaerobic	56:30	03:00	2.8
Neuro Hit 6	59:30	00:30	5.2
Anaerobic	00:00	06:00	2.8
Anaerobic	06:00	04:00	1.8
END	10:00		

TEAM | CLS This 'n' That C cat workouts are based on a 75kg rider, 245w FTP / 3.3w/kg.

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