

TEAM | CLS TUESDAY THIS 'n' THAT

Base phase 2024/25 - Week 5

Sweet Spot - 4 x 12 Mins

Week 5 adds more progression with extending the duration of the blocks, building on the time spent in the zone. Keeping smooth, and in control, during these longer efforts in key.

	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	12:00	3.0
Rest	22:00	03:00	1.8
Sweet Spot 2	25:00	12:00	3.0
Rest	37:00	03:00	1.8
Sweet Spot 3	40:00	12:00	3.0
Rest	52:00	00:50	1.8
Leg Stretch	52:50	00:20	4.0
Rest	53:10	00:50	1.8
Sweet Spot 4	54:00	12:00	3.0
Rest	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 / 3.3wkg.
Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.