

# TEAM | CLS TUESDAY THIS 'n' THAT

## Pre Base 2024/25 - Week 5

### Leg drills

Time to focus on technique and form with some leg speed drills

Warmup 1	00:00	02:00	2.2
Warmup 2	02:00	02:00	2.3
Warmup 3	04:00	02:00	2.6
Warmup 4	06:00	02:00	2.8
Warmup 5	08:00	02:00	3.0
TIMESTAMP	10:00		
SETS START			
80 RPM - SET 1	10:00	01:00	2.7
60 RPM	11:00	02:00	2.3
90 RPM	13:00	01:00	2.7
60 RPM	14:00	02:00	2.3
100 RPM	16:00	01:00	2.7
60 RPM	17:00	02:00	2.3
90 RPM	19:00	01:00	2.7
60 RPM	20:00	02:00	2.3
80 RPM	22:00	01:00	2.7
70 RPM REST	23:00	02:00	1.7
80 RPM - SET 2	25:00	01:00	2.8
60 RPM	26:00	02:00	2.5
90 RPM	28:00	01:00	2.8
60 RPM	29:00	02:00	2.5
100 RPM	31:00	01:00	2.8
60 RPM	32:00	02:00	2.5
90 RPM	34:00	01:00	2.8
60 RPM	35:00	02:00	2.5
80 RPM	37:00	01:00	2.8
70 RPM REST	38:00	02:00	1.7
80 RPM - SET 3	40:00	01:00	3.0
60 RPM	41:00	02:00	2.7
90 RPM	43:00	01:00	3.0
60 RPM	44:00	02:00	2.7
100 RPM	46:00	01:00	3.0
60 RPM	47:00	02:00	2.7
90 RPM	49:00	01:00	3.0
60 RPM	50:00	02:00	2.7
80 RPM	52:00	01:00	3.0
70 RPM REST	53:00	02:00	1.7

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80 RPM - SET 4	55:00	01:00	2.8
60 RPM	56:00	02:00	2.5
90 RPM	58:00	01:00	2.8
60 RPM	59:00	02:00	2.5
100 RPM	01:00	01:00	2.8
60 RPM	02:00	02:00	2.5
90 RPM	04:00	01:00	2.8
60 RPM	05:00	02:00	2.5
80 RPM	07:00	01:00	2.8
70 RPM REST	08:00	02:00	1.7
END	10:00		

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