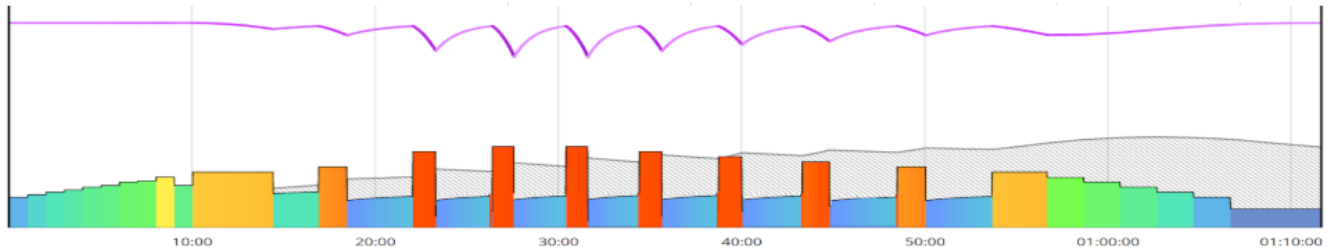


# TEAM | CLS TUESDAY THIS 'n' THAT

## Peak phase 2024/25 - Week 6



	start	duration	w/kg
Warmup	00:00	02:00	2.3
Warmup	02:00	01:00	2.5
Warmup	03:00	01:00	2.6
Warmup	04:00	01:00	2.8
Warmup	05:00	01:00	2.9
Warmup	06:00	01:00	3.2
Warmup	07:00	01:00	3.3
Warmup	08:00	01:00	3.5
Warmup	09:00	01:00	2.9
TIMESTAMP	10:00		
<b>INTERVALS START</b>			
Settle In	10:00	04:30	4.0
Ease	14:30	02:30	2.5
Step 1	17:00	01:30	4.4
Rest	18:30	03:30	2.1
Step 2	22:00	01:00	5.0
Rest	23:00	03:00	2.0
Step 3	26:00	01:00	5.2
Rest	27:00	03:00	2.0
Step 4	30:00	01:00	5.4
Rest	31:00	03:00	2.0
Step 5	34:00	01:00	5.2
Rest	35:00	03:00	2.0
Step 6	38:00	01:00	5.0
Rest	39:00	03:00	2.0
Step 7	42:00	01:30	4.7
Rest	43:30	03:30	2.0
Step 8	47:00	01:30	4.4
Rest	48:30	03:30	2.0
Stepdown	52:00	03:00	4.0
Stepdown	55:00	02:00	3.6
Stepdown	57:00	02:00	3.3
Stepdown	59:00	02:00	2.9
Stepdown	01:00	02:00	2.6
Stepdown	03:00	02:00	2.2
Freetime	05:00	05:00	2.0
END	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.