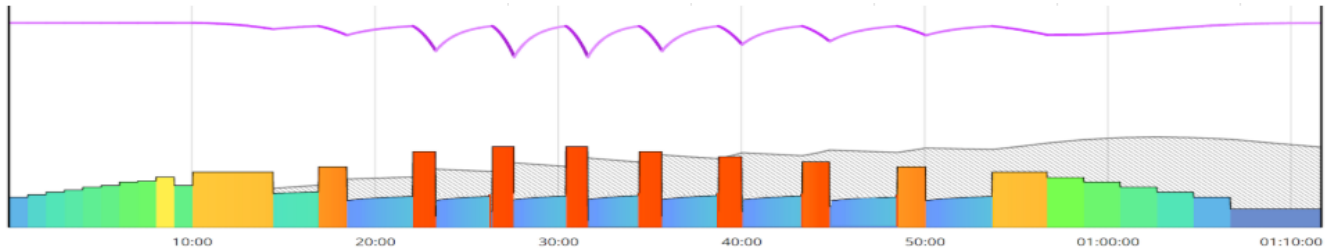


# TEAM | CLS TUESDAY THIS 'n' THAT

## Peak phase 2024/25 - Week 6



|                        | start | duration | w/kg |
|------------------------|-------|----------|------|
| Warmup                 | 00:00 | 02:00    | 2.0  |
| Warmup                 | 02:00 | 01:00    | 2.1  |
| Warmup                 | 03:00 | 01:00    | 2.3  |
| Warmup                 | 04:00 | 01:00    | 2.4  |
| Warmup                 | 05:00 | 01:00    | 2.5  |
| Warmup                 | 06:00 | 01:00    | 2.8  |
| Warmup                 | 07:00 | 01:00    | 2.8  |
| Warmup                 | 08:00 | 01:00    | 3.1  |
| Warmup                 | 09:00 | 01:00    | 2.5  |
| TIMESTAMP              | 10:00 |          |      |
| <b>INTERVALS START</b> |       |          |      |
| Settle In              | 10:00 | 04:30    | 3.5  |
| Ease                   | 14:30 | 02:30    | 2.2  |
| Step 1                 | 17:00 | 01:30    | 3.8  |
| Rest                   | 18:30 | 03:30    | 1.8  |
| Step 2                 | 22:00 | 01:00    | 4.4  |
| Rest                   | 23:00 | 03:00    | 1.7  |
| Step 3                 | 26:00 | 01:00    | 4.6  |
| Rest                   | 27:00 | 03:00    | 1.7  |
| Step 4                 | 30:00 | 01:00    | 4.7  |
| Rest                   | 31:00 | 03:00    | 1.7  |
| Step 5                 | 34:00 | 01:00    | 4.6  |
| Rest                   | 35:00 | 03:00    | 1.7  |
| Step 6                 | 38:00 | 01:00    | 4.4  |
| Rest                   | 39:00 | 03:00    | 1.7  |
| Step 7                 | 42:00 | 01:30    | 4.1  |
| Rest                   | 43:30 | 03:30    | 1.7  |
| Step 8                 | 47:00 | 01:30    | 3.8  |
| Rest                   | 48:30 | 03:30    | 1.7  |
| Stepdown               | 52:00 | 03:00    | 3.5  |
| Stepdown               | 55:00 | 02:00    | 3.2  |
| Stepdown               | 57:00 | 02:00    | 2.9  |
| Stepdown               | 59:00 | 02:00    | 2.6  |
| Stepdown               | 01:00 | 02:00    | 2.2  |
| Stepdown               | 03:00 | 02:00    | 1.9  |
| Freetime               | 05:00 | 05:00    | 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.