

TEAM | CLS SUMMER CAMP

'26 Week 10

To celebrate TdFF, we go climbing on Ven-Top!

We have a nice mix of sustained and over / under style efforts.
The fatigue will gradually build on this one!

	Start	Duration	W/kg
Warmup	00:00	02:00	1.8
Warmup	02:00	02:00	2.0
Warmup	04:00	02:00	2.4
Warmup	06:00	02:00	2.6
Warmup	08:00	00:20	3.7
Warmup	08:20	00:40	1.8
Warmup	09:00	00:20	3.7
Warmup	09:20	00:40	1.8
TIMESTAMP	10:00		

Sweet Spot	10:00	15:00	2.8
Recovery	25:00	04:00	2.0
Under	29:00	04:00	3.0
Over	33:00	02:00	3.3
Under	35:00	04:00	3.0
Over	39:00	02:00	3.3
Under	41:00	04:00	3.0
Over	45:00	02:00	3.3
Under	47:00	04:00	3.0
Over	51:00	02:00	3.3
Recovery	53:00	03:00	2.0
FTP Finish	56:00	04:00	3.1 - 3.3
Cool-down	1:00:00	10:00	Beacon choice

TEAM | CLS This 'n' That C cat workouts are based on a 75kg rider, 235w FTP / 3.1wkg.
Based on how this compares to your own personal FTP, you may find the workout slightly easier or more challenging.