

# TEAM | CLS SUMMER CAMP

'26 Week 1

We start off our 2026 **SUMMER CAMP** with a steady session!  
(We have to soak up the hard work we have put in)  
**Mainly steady | Optional sprints | Tempo Climbing**

Warmup (Standard 10min warmup, with some spin ups)

**B**

Zone 2: 2.8wkg

**Sprint segments: Optional blast**

**Climb: 3.2wkg | Rest: 2.2**

Beacon to vary activity depending on group

Warmup (Standard 10min warmup, with some spin ups)

**C**

Zone 2: 2.4wkg

**Sprint segments: Optional blast**

**Climb: 2.8wkg | Rest: 1.8**

Beacon to vary activity depending on group

**Cool - down for ~5 mins at the end of the workout.**

